



What Congress Needs to Do About the NSA

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Carmichael Times

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October 2, 2013

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Airshow Takes Off

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County, today announced it will honor the 65th anniversary of the Berlin Airlift, the largest humanitarian aid effort in history. The Airlift will be commemorated during both days of the Show, October 5-6, 2013 at Mather Airport.

The Berlin Airlift Tribute will honor the quiet heroes who played an integral role in this monumental event, bringing together the pilots, aircraft, and German aid recipients from an important period in history. "The CCA team is excited to share this historical event with Sacramento, and celebrate the contributions of these unsung heroes," said Darcy Brewer, executive director of the California Capital Airshow. "The courageous men and women you will meet at the 2013 Show are remarkable examples of those who could put the war behind them and selflessly saved a city from starvation." During 1948 and 1949, the world watched as the war-torn city of Berlin, Germany, was cut off from outside supplies of food and fuel by a Soviet Union blockade, designed to dominate the city. In a gallant and strategic manner, a flight took off every six minutes, 24 hours a day for over a year; often in fog, clouds, rain and ice to ensure the survival of over 2 million people in the city of Berlin. In a span of 15 months, with over 277,000 flights, the United States delivered 2.3 million tons of food, clothing, water, medicine and fuel. Although the life-saving supplies were welcomed by more than 2 million residents, what younger survivors remember most is that the "sky rained Hershey bars."

US Air Force pilots pioneered



Warbirds Galore in the sky and on the ground The Airshow will be roaring across the skies of our region October 5-6, 2013! The event will offer spine-tingling performances including an international jet team, the Snowbirds, military demonstrations, world-class aerobatics, wingsuit flyers, barnstorming, wing walking, and endless entertainment and displays along the ramp. Photo courtesy of CCA

the idea of dropping candy bars and chewing gum with handmade handkerchief parachutes while "wiggling" their wings, which alerted the children they were about to receive treats. When news reached the United States that pilots were dropping candy to the young people of Germany, children all over America sent in their own candy to help with the mission. Soon major manufacturers joined in, and by the end, over three tons of candy was dropped on Berlin

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The Bremont Hosreman took off over a decade ago as the worlds only P-51 Mustang formation aerobatic team. They have flown a variety of platforms in formation, working tirelessly to escape gravity. Here they are seen flying the F-86 Sabre Jet. Photo courtesy of CCA

NICU Babies Celebrate Survival

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Over 250 families enjoyed a recent Saturday picnic in Carmichael Park.

Under sadder circumstances, few child attendees would be alive to scoff cupcakes. Some might not have survived their earliest days. Party goers were "graduates" of neo-natal units at Mercy San Juan Medical Center and the Methodist Hospital of Sacramento.

For 24 years, the event has reunited moms and dads with medical staffers who saved their newborns' lives. The event underscores the reality of survival when babies are born prematurely or with serious health problems.

World-acclaimed, Mercy San Juan's NICU ward began treating at-risk infants in 1989. Six little beds filled the original facility. Since then, thousands of premature or fragile newborns

have been tended by nurses, doctors and volunteer "baby rockers." The San Juan unit has now grown to 26 beds.

Most NICU picnickers were tots, rendered ecstatic by balloons, face painting and cuddles with lolloping therapy dogs. Twin and triplet strollers caused bottlenecks between park benches. Doctors hugged cookie-encrusted infants. A teary-eyed octogenarian baby rocker embraced a six-year-old she had comforted as a newborn.

Among older NICU graduates was a 15-year-old Junior ROTC member from nearby Del Campo High School. Younger NICU picnickers had not yet seen their first birthdays.

"The children love being among the people who cared for them" said a mother of triplet NICU graduates. "The nurses and doctors want to hold every baby. It's wonderful they care so much." ★



Sleepy two-year-olds Ayden and Graylen got dog-watch attention from Easter Seals Disability Service canines at a picnic hosted by neo-natal facilities. The twins were born almost three months before their due date. Photo by Susan Maxwell Skinner.



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Fab Follies at Mission Oaks



The Classy Tappers dance team are among 16 acts billed at a Mission Oaks Community Center revue on October 6. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - An annual tradition at the Mission Oaks Community Center, the Fabulous Follies dance and music review returns to Carmichael on October 6.

“Hooray for Hollywood” is the theme.

Two hours of matinee entertainment includes volunteers performing tap, line dance and ballroom vignettes. Gymnastic elements are added this year by two Zumba teams exhibiting high-energy fitness

routines to Brazilian rhythms. Choreographer is Mission Oaks Zumba instructor Ruthie Oggins.

Also on the program are: the Classy Tappers troupe; Bill Swayne’s line dancers; Eddie Lovato’s ballroom team; the Hats and Taps ensemble; the Rhythm and Shoes tap group; Tapestry (beginning tap dancers) and singer Rudy Moll. Emcee is park district volunteer Bob Jarvis.

The event is a fundraiser to aid Mission Oaks Park District’s senior holiday lunch program. Though Follies admission is free, attendees are encouraged to donate for the cause. Downbeat is 2 p.m. The Mission Oaks Community Center is located at 4701 Gibbons Drive, Carmichael.

For information, call (916) 972 0336. ★

CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of *The American River Messenger* this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

Free Fall Concert in the Park

The Fair Oaks summer concerts in the park are over but you can catch an encore performance Saturday, October 5, at Pioneer Park located at 5100 Verner Avenue near Pioneer School in Old Foothill Farms.

Activities begin at 1 p.m. with the concert featuring the John Skinner Band from 2 to 4

p.m. In addition to great music, there will be children’s games, face-painting, and information booths.

The concert is being co-sponsored by Sacramento County and the Sunrise Recreation and Park District with corporate support being provided by McClellan Park, Dignity Health’s Mercy San Juan Medical Center, Recycling Industries, and Walmart.

Capital Airshow

If you want high flying excitement during the weekend of October 5-6, plan to attend the California Capital Air Show at Mather Airport which will feature the Royal Canadian Air Force Jet Demonstration Team known as the Snowbirds. In addition, there will be an array of gravity-defying aerobatic performers and the rumble of historic aircraft.

Formerly an Air Force Base, Mather Airport was converted to civilian use and is part of Sacramento County’s Airport System. For more information, visit californiacapitalairshow.com.

Crime Lab Sacramento

My next Fair Oaks Community Coffee Meeting will be on Wednesday, October 16, with

guest speakers Supervising Deputy District Attorney Anne Marie Schubert and Crime Lab Director Jill Spriggs. They will talk about the District Attorney’s Crime Lab and how that research is used for prosecutions, which should be of interest to all you fans of the popular CSI television show.

The meeting will be at 7:30 am at the Fair Oaks Water District, 10326 Fair Oaks Blvd. near Winding Way.

Each month the Crime Lab processes evidence for more than 1,000 cases. The lab and its criminalists are an important member of Sacramento County’s Public Safety team processing evidence as large as a full-sized SUV or as small as a microscopic fiber. Equally diverse are the cases, ranging from driving under the influence of alcohol to homicides for all law enforcement agencies in Sacramento County, plus the California Highway Patrol and Folsom State Prison.

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

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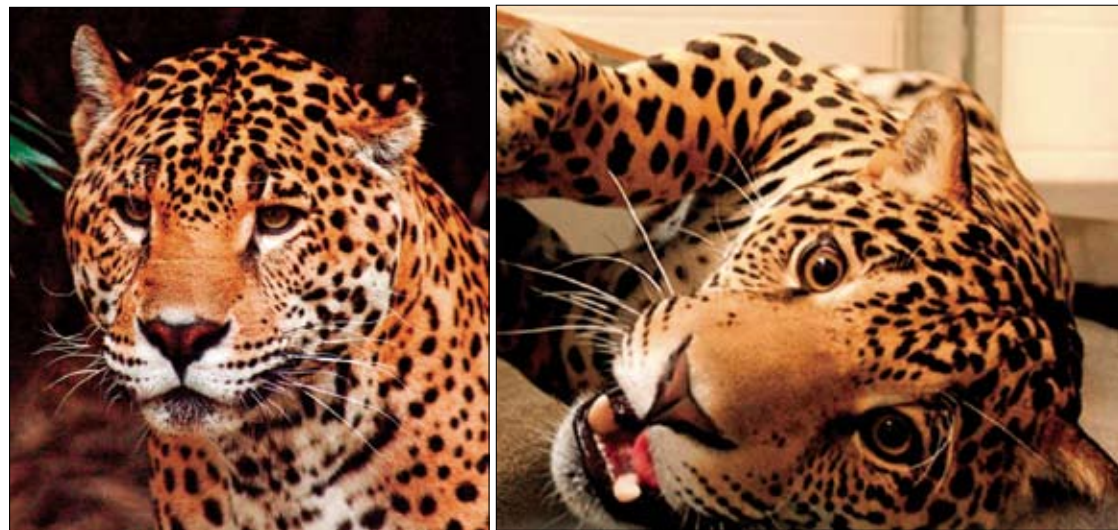
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Sacramento Zoo to Welcome New Jaguar



SACRAMENTO REGION, CA (MPG)

The Sacramento Zoo invites the public to wish an old friend farewell and to meet a new Sacramento resident. Mulac, the Zoo's male Jaguar, will be moving to the Brevard Zoo in Florida. Mulac moved to the Sacramento Zoo from the Audubon Zoo in 2002. His last day on exhibit will be September 21st. After Mulac's departure, zookeepers will introduce Tikal, a young male Jaguar from the San Diego Zoo to his new companion, Tina, the Zoo's resident female.

Guests may begin seeing Tikal on exhibit as early as September 22nd but will not see Tina and Tikal on exhibit together until the two have undergone an extensive "meet and greet" process. Before the two Jaguars can begin to live comfortably together, zookeepers will acclimate them first to the smell of each other, then they will be allowed visual of one other. After Tina and Tikal are comfortable with the sight and smell of each other they will begin sharing the same

space under the watchful eyes of zookeepers.

Sacramento Zoo participates in the Association of Zoos and Aquariums Jaguar Species Survival Plan® (SSP). Tikal's arrival was recommended by the SSP, and while Tikal may someday be a father, his role here for now will be a companion for Tina, an older Jaguar. Social interactions will be important for Tikal as he continues to grow into adulthood; at 16 years of age, Tina (who is considered post-reproductive) will act as a mentor to Tikal, rather than a mate.

Jaguars are an endangered species with estimates indicating that more than 10,000 still exist in the wild; however their numbers are rapidly decreasing as a result of habitat destruction and illegal fur trade. In appearance Jaguars are often confused with leopards – both cats have a similar brownish/yellow base fur coloring that is marked distinctively with spots – the jaguar's spots are rosettes, which are

spots within spots. Jaguars are stockier, have larger heads and shorter tails. They weigh 80-130 pounds and can live about 11 years in the wild and up to 22 years in captivity.

Open since 1927, the Sacramento Zoo is home to more than 500 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9:00 am to 4:00 pm, general admission is \$11.25; children ages 2-11 are \$7.25 and one and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. For information, call (916) 808-5888 or visit saczoo.org. ★

Source: Sacramento Zoo

Airshow Takes Off



The Berlin Airlift Tribute will honor the greatest humanitarian aviation event in the history of the world. Photo courtesy California Capital Airshow

Continued from Page 1

and 'Operation Little Vittles' became a major success.

The C-54E Skymaster, an actual aircraft used during the Airlift will be on display and fly the Tribute performance each day, narrated by Lt. Col. Jon Huggins, USAF. As the grand finale, parachutists from the Red Bull Air Force will jump from the C-54E with candy "goodies" for the crowd. Numerous participants from the Airlift will take part in the Tribute along with individuals who were children in Berlin at the time. The CCA will be all things "shiny, fast and loud" for all ages and so much more! Tickets are now available online and can be easily purchased at the Airshow web site, www.californiacapitalairshow.com/buytickets.php.

The Airshow web site will be updated regularly with news, attraction information and more. Fans can follow the Airshow on Facebook and Twitter (#calcapairshow), and now on Instagram



Michael Goulian is a true aerobatic champion, demonstrating to spectators across the globe his crisp, athletic flying style. Michael will mesmerize you with his extreme maneuvers and bigger than life personality! Photo courtesy CCA

(@capitalairshow). High-resolution images are available on the website photo gallery.

About California Capital Airshow

Established in 2004, the California Capital Airshow has become one of the largest and highly-respected shows in the nation. As part of its community relations, the non-profit organization has awarded over 80

scholarships to deserving students from our region with an interest in aviation, aerospace, aeronautics and related fields.

For more information about the California Capital Airshow, presented by Sacramento County, please visit www.californiacapitalairshow.com. ★



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Fire Chief Honored

Special Metro Fire Report

SACRAMENTO COUNTY, CA (MPG)
- It is with great pride that we announce Fire Chief Kurt P. Henke has earned the Fire Chief of the Year Award. Earning this prestigious award from the California Fire Chiefs Association is truly remarkable considering the accomplishments achieved during the unprecedented economic downturn we faced over the last four years. Since joining Metro Fire in 2009, Chief Henke has tirelessly worked to improve our District's efficiency, reduce unfunded liability, and explore ways to reform pension and medical costs.

Having a balanced fiscal approach and reducing unfunded liability has been especially crucial. Under Chief Henke's lead, Metro Fire has taken the



Fire Chief Kurt P. Henke
Photo courtesy Sac Metro Fire District

region's most aggressive stance on cost-sharing for unfunded liabilities. With collaborative Labor/Management relations, he was able to negotiate a comprehensive reform including the prefunding of retiree health-care. Leading by example in

the reduction of Management compensation assisted with negotiating employee compensation concessions. Prior to Governor Brown's pension reform, Metro Firefighters were contributing 12% of their salary towards pension costs and pension accounts were funded above recommended levels.

Earning the Fire Chief of the Year Award is a testament to Chief Henke's forward thinking and focus on improving efficiency. His leadership has allowed us at Metro Fire to avoid further service reductions and improve our service to the public.

This award was last received by a Sacramento Metropolitan Fire Chief in 2003 by then Fire Chief Rick Martinez.

Source: PIO Jon Rudnicki

The Ladies Oriental Shrine to Hold Major Yard Sale in Carmichael

CARMICHAEL, CA (MPG) - The Ladies Oriental Shrine of North America was founded in Wheeling West Virginia in 1903. Today the LOSNA has 76 Courts across North America and over 16,000 members. The Sacramento LOSNA COURT is "ILA NEB Court #51" (BEN ALI spelled backwards) with over 100 members mainly from Northern California.

The Court meetings are held at San Juan Masonic Center, 5944 San Juan Ave., Citrus Heights, CA 95610 on the first Tuesday of the month. This Court was instituted May 7, 1949. The 2013-14 Officers for Ila Neb Court include: High Priestess, June Zeri of Loomis, Ca.; Princess, Mary Scheck, Sacramento; Associate Princess, Susan Eggleston,

Meridian; Recorder, Marlene Sorsabal, Placerville.

When the Shriners' founded the Shrine Hospitals for Children in 1922, the Ladies committed to supporting the Shrine's official philanthropy. Today, the ladies continue to support the Hospital Fund, hospital sewing, research projects, and other areas of interest. Each Court not only raises funds for the hospitals, but they donate clothing, stuffed animals, purchase equipment and volunteer at the hospitals. They furnish libraries, sew quilts and gowns, donate funds to send a burned child to Camp, for prosthetic devices, wheel chairs, computer equipment, and many other items. They do this by hosting many special events throughout the year; bake sales, craft

bazaars, cook outs, dinners, etc. *Ila NeB Ladies are holding a yard sale on OCTOBER 5, 2013 at 1200 Gary Way, Carmichael 95608 from 7:00 A M to 1:00 P M at the home of Dorothy Duggan phone # (916 359 4273). They are also hosting a Fashion Show at the Sacramento Shriners' Hospital for children on November 9, 2013.*

To become a member, a person must be 18 years of age, and a resident in the area of the Court for six (6) months. Initially, membership in the LOSNA was restricted to relations of a member of a Master Mason or a member of the Ancient Arabic Order of the Nobles of the Mystic Shrine by birth, marriage or adoption.

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Picture courtesy of Susan Maxwell Skinner

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The Kenyan Massacres Roots in America's Somalia Policy

Commentary by Sheldon Richman

Last weekend's hostage-taking — and the murder of at least 62 people — at the Westgate Shopping Mall in Nairobi, Kenya, has its roots in the U.S. government's intervention in Somalia, which began in the 1990s. Although there is no justification for killing innocents, it is fair to point out that al-Shabaab, the Islamist group that committed the attack on the mall and that controls parts of Somalia, would probably not be in power if not for the United States.

As Scott Horton, host of a nationwide radio program focusing on foreign policy, points out in the September issue of *Future of Freedom* (which I edit), the U.S. government has intervened directly in Somalia and backed repeated invasions by neighboring African states, including Kenya. In the process, a relatively moderate government was overthrown, resistance

to invaders was radicalized, and the al-Qaeda-linked al-Shabaab gained partial control, which would have been unlikely without that intervention.

Horton, drawing on firsthand reporting by journalist Jeremy Seabill, notes that after the attacks of Sept. 11, 2001, the Bush administration compiled a list of countries "ripe for regime change," including Somalia, "none of which had any involvement whatsoever in the attacks or any real ties to those who did.... Luckily for the Pentagon and CIA, it was not very difficult to find cutthroat warlords willing to accept their cash to carry out targeted assassinations and kidnappings against those they accused of being Islamists — or anyone else they felt like targeting."

A backlash followed. Somalia's Islamic Courts Union, a coalition of a dozen groups, put down the warlords and the U.S.-sponsored Transitional Federal Government. "The ICU then declared the reign of

Islamic law," Horton writes. "That, of course, was none of America's business, and even if it had been, the Somali regime lacked the power to create an authoritarian religious state like, say, U.S. ally Saudi Arabia.... And Somalia's traditional Muslim beliefs were much more laid-back and tolerant than those in Arabia."

This was unacceptable to the Bush administration, so in late 2006 it had Ethiopia, its Christian client state and an old Somalia antagonist, invade and overthrow the ICU, "with CIA and special-operations officers leading the attack." In 2008, however, Somalis kicked the Ethiopians out. Helping in the effort was, in Horton's words, "the youngest and least influential group in the ICU, al-Shabaab ('the youth')." On its way out of power the Bush administration, seeking to save face, got the "old men of the ICU" to agree to "accept the form of the Transitional Federal Government." This only inflamed al-Shabaab, which accused them of being American agents.

"It was only then — years after the whole mess began — that it declared loyalty to Osama bin Laden's al-Qaeda. It started acting like al-Qaeda too, implementing Arabian-style laws and punishments in the areas they dominated, such as cutting off the hands of those accused of stealing," Horton writes.

Unfortunately, the Obama team has continued along the same disastrous path:

After the Ethiopians withdrew, [the administration] sent in the armies of Uganda and Burundi under the auspices of the African Union to hunt down and destroy al-Shabaab. Then came the Kenyans, who apparently panicked after luxury resorts near their border had come under attack. In 2011 the Ethiopians reinvaded. Kenyan forces took the port city of Kismayo from al-Shabaab in 2012 and loudly declared victory when the rebels melted away. But the stubborn insurgency continues the fight.

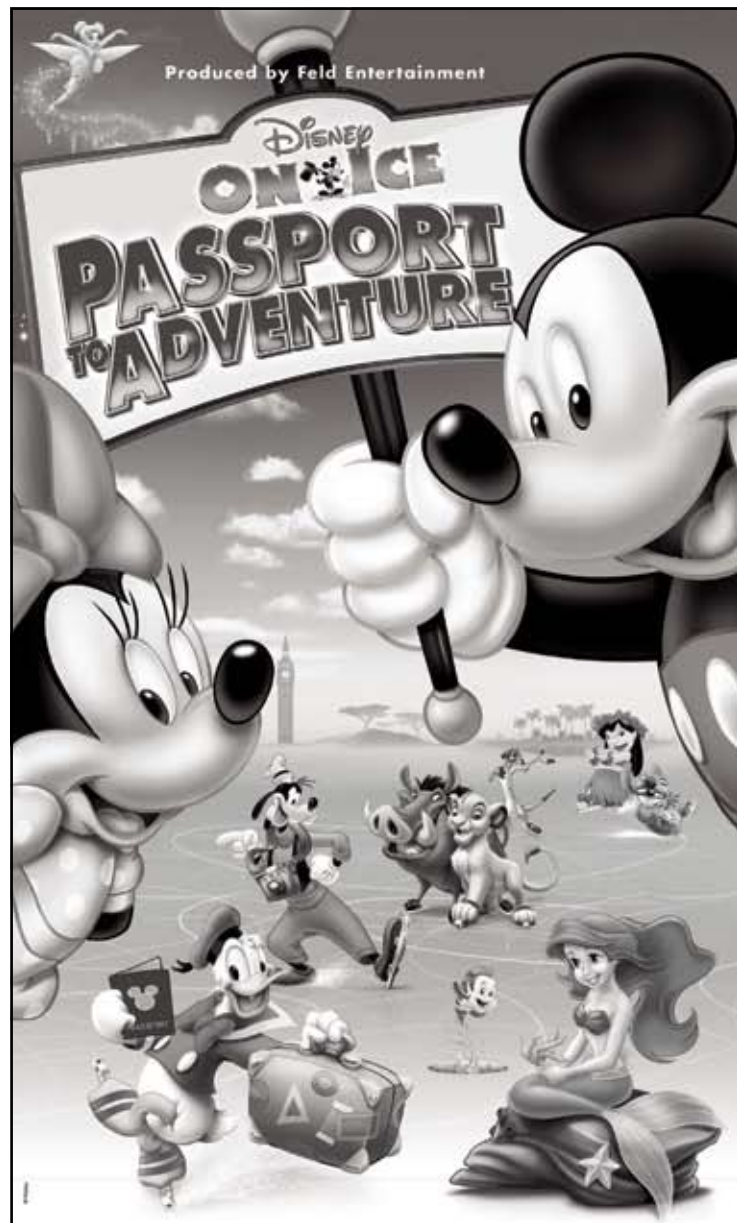
The Americans, for their part, continue to back the invading forces, as well as what passes for the "government" in Mogadishu, with hundreds of tons of weapons and tens of millions of dollars.

The CIA and the U.S. military still take a direct hand, not only by helping the nominal government, but also by attacking Somalis with helicopters, cruise missiles, and drones — and, Horton writes, "by overseeing at least two different torture dungeons."

The horrendous attack in Nairobi has the news media abuzz over possible terrorist threats to "soft targets" such as shopping malls, not only in Africa but also in the United States itself. As we think about this, we should realize that this is a threat made in Washington, DC.

How many times do we have to experience what the CIA calls "blowback" before the American people cry, "Enough!" ★

Sheldon Richman is vice president and editor at The Future of Freedom Foundation in Fairfax, Va. (www.fff.org).



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Sacramento County DA Reports

Recent cases of interest



CASE: Angelo Vitale (09/27/13)

PROSECUTOR: Deputy District Attorney Ron Linthicum, Special Investigation Unit

District Attorney Jan Scully announced today that 57-year-old Angelo Vitale pled no contest to four felony counts of grand theft, identity theft, and writing a fraudulent check.

Vitale is a former practicing attorney in Sacramento County. He used his knowledge as an attorney in an attempt to defraud creditors by creating fictitious legal documents on the letterhead of real attorneys. He also wrote checks from a bank account he knew was closed.

Vitale created a fraudulent investment scheme involving medical marijuana. One victim he met at a drug rehabilitation and alcohol treatment program put nearly \$20,000 dollars into a bank account to further the investment. Instead, Vitale drained the account for his own personal use.

Under the plea agreement, Vitale will be ordered to serve one year in the county jail and will be placed on five years of probation. Sentencing is scheduled for October 18, 2013 in Department 62 before the Honorable Richard Sueyoshi.

CASE: Anthony Michael Vigil (09/27/13)

PROSECUTOR: Deputy District Attorney Valerie Brown, Homicide Unit

District Attorney Jan Scully announced today that the Honorable Kevin McCormick sentenced Anthony Michael Vigil to 50 years to life in prison. On August 12, 2013, a jury convicted Vigil of first degree murder and found a firearm allegation to be true.

On October 6, 2011, Vigil shot and killed Michael Gonzales Jr. outside of Vigil's auto body shop located in an industrial area of Gold River.

CASE: Amoura Dawson & Adrienne Boulware (09/24/13)

PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit

District Attorney Jan Scully announced today that Amoura Dawson and Adrienne Boulware were convicted by two separate juries of second degree murder and torture.

On September 14, 2011, Sacramento police officers responded to the 3600 block of Marysville Boulevard and found Audie Hogue deceased in the parking lot of an abandoned car wash.

Hogue had been physically assaulted and died from upper body trauma. Sentencing is scheduled for October 18, 2013 in Department 33 before the Honorable Michael Savage.

CASE: Ravinesh Singh & Tony Van (09/20/13)

PROSECUTOR: Deputy District Attorney Sheri Greco, Homicide Unit

District Attorney Jan Scully announced today that Ravinesh Singh was convicted by jury for the first degree murder of 22-year-old Joseph Montoya and found true that he personally discharged a firearm causing Montoya's death. The jury convicted Tony Van of being an accessory to the murder.

On October 13, 2008, Singh approached Montoya in front of a residence in South Sacramento and shot him in the face. He then fired three more shots into his body after Montoya fell to the ground. After the murder was committed, Van drove Singh away from the scene.

Singh faces 50 years to life in prison. Van will be sentenced to credit time served. Sentencing for Singh is set for November 15, 2013 at 10:30 a.m. in Department 12 before the Honorable Maryanne Gilliard.

CASE: Winzer Deandre Hayden (09/20/13)

PROSECUTOR: Deputy District Attorney William Satchell, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced today that 29-year-old Winzer Deandre Hayden was convicted by jury of first degree murder. The jury also found true that he personally used a firearm causing death.

On July 10, 2012, 18-year-old Wesley Wheeler and his two friends got into an argument and physical altercation with Hayden's cousin. Moments after the altercation, Hayden pulled out a handgun and shot at Wheeler several times, striking him in the buttocks and back. Wheeler died at the scene.

Hayden faces a sentence of 50 years to life in prison. Sentencing is scheduled for October 17, 2013 in Department 19 of the Sacramento Superior Court.

District Attorney Jan Scully announced that her office has dismissed charges against Nathan Salas and will defer prosecution to the Connecticut State's Attorney's Office to handle the case in the jurisdiction where the criminal conduct originated and where the victim and the majority of the witnesses live.

On August 20, 2013, Salas was arrested immediately upon landing at the Sacramento International Airport and charged with detaining a minor child with the intent to conceal from parents. He was also charged with endangering the life or health of a child. The minor child has since been returned to Connecticut. Dismissal of the Sacramento case will allow Connecticut State's Attorney to immediately proceed with their charges against Salas for kidnapping and creating a risk-of-injury to a minor. Salas faces up to 30 years in prison on those charges.

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CLUES

- ACROSS
- Venice bank
 - A late time of life
 - *Electronic brain
 - Mountaineer's tool
 - Hula dancer's necklace
 - Shade of violet
 - Wimpy Kid's journal
 - No ____
 - *Often donated
 - Boring
 - *Diamond, e.g.
 - Telephone
 - ____ office
 - The ____ NYC museum
 - Biblical captain
 - Continually annoy
 - Gulf V.I.P.
 - *Sun, e.g.
 - Millionaire maker
 - Apple variety
 - Boot brand
 - Boyfriend
 - Middle
 - Lion's do
 - Leo or Virgo, e.g.
 - First letter of Hebrew alphabet, pl.
 - *Chemistry Nobelist ____ Hahn
 - Homer Simpson's neighbor
 - Apiece
 - Federal procurement org.
 - *Stone that floats
 - *Reddish-brown
 - Hardship
 - Pirate's "yes"
 - R in R.E.M.
 - Hollers
 - Seasonal blues
 - *Threat to food
 - *Like desert
 - One of Bo Peep's flock
 - Affirmatives

DOWN

- Auction action
- *Opposite of base
- Approximate
- One of 4 Cs
- *All around us
- Full of elms
- Grazing spot
- Bee Gees' most successful genre
- *Low-____ diet
- "Les Misérables" author
- Popular Russian name
- Used for signing
- "Mere ____"
- Paint choice
- Often used to make baseball bats
- Khufu or Khafra, e.g.
- *Molten rock
- Often received with a sound
- Spanish accent
- *Elementary particle
- Schneider and Lowe, e.g.
- Dined at home
- *Microscope's platform
- *It travels about 768 mph
- Coarse file
- Monthly due
- Fire
- Belonging to him and her
- *Anatomical pouch
- Fish hawk
- Halt
- With rapid movements
- Embarkation location
- Tangelo
- *Type of fungus
- Formally surrender
- Heroic poem
- Agitate
- Shag rug
- Swerve
- Insult

CROSSWORD												
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For Solution See Page 7

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06490. Jonathan Robbins, 4800 Trona Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Greenhouse Guy Supply" at 7621 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on August 14, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013. GREENH 131001 10-2-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06928. Tony Barbarich, 8720 Woodman Way, Unit F, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Little Hearts of Many" at 8720 Woodman Way, Unit F, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on August 29, 2013. Publish: Sept. 25, October 2, 9, 16, 2013. LITTLE 131003 10-16-13

OF FICTITIOUS BUSINESS NAME FILE #FBNF2009-03660. The following corporation has abandoned the use of the FICTITIOUS BUSINESS NAME of Cooks Collision of Carmichael, 6801 Fair Oaks Blvd., Carmichael, CA 95608: Cooks Collision, Inc., 2990 Lava Ridge Ct., Ste. 190, Roseville, CA 95661. Publish: Sept. 25, October 2, 9, 16, 2013. BESAME 131003 10-16-13

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150694. WHEREAS, Sasha Valeska Burton has filed a petition with this court for a decree changing the name of Sasha Valeska Burton to Sasha Valeska Grismore. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 28, 2013, 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: September 11, 2013. Raymond M. Cadei Judge of the Superior Court Publish: Sept. 18, 25, October 2, 9, 2013. BURTON 131002 10-9-13

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150703. WHEREAS, Lucy Margerita Coleman-Merchant has filed a petition with this court for a decree changing the names of Lucy Margerita Coleman-Merchant to Lucy Margerita Coleman Merchant, Nevaeh Jeannette Yong to Nevaeh Jeannette Coleman Merchant, and Sir Von Anthony Isacc Church II to SaVon Jeremiah Coleman Merchant. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 28, 2013, 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: September 11, 2013. David I. Brown Judge of the Superior Court Publish: Sept. 25, October 2, 9, 16, 2013. COLEMAN 131003 10-16-13

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-001515671. WHEREAS, Michelle Antoinette Rossi has filed a petition with this court for a decree changing the name of Michelle Antoinette Rossi to Michelle Antoinette Carlossi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 19, 2013, 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: September 25, 2013. Raymond M. Cadei Judge of the Superior Court Publish: October 2, 9, 16, 23, 2013. ROSSI 131004 10-23-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06957. Gurratton S. Aujla, 7795 Dersingham Dr., Sacramento, CA 95829 is doing business under the Fictitious Business Name "Lovely Ice Cream" at 7795 Dersingham Dr., Sacramento, CA 95829. Filed with the Clerk of Sacramento County on August 30, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013. LOVELY 131001 10-2-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06937. Karen K. Snoko, 393 Florin Rd., No. 64, Sacramento, CA 95831 is doing business under the Fictitious Business Name "Married To Massage" at 902 21st St., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on August 29, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013. MARRIED 131001 10-2-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07075. Stephanie Matthews, 10758 Westerly Dr., Mather, CA 95655 is doing business under the Fictitious Business Name "Stephie's Daycare" at 10758 Westerly Dr., Mather, CA 95655. Filed with the Clerk of Sacramento County on September 6, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013. STEPHIE 131001 10-2-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06869. Joshua Kretchman, 2401 U St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Trepont Real Estate and Trepont Realty" at 2401 U St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on August 27, 2013. Publish: Sept. 25, Oct. 2, 9, 16, 2013. TREPONT 131003 10-16-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07075. Stephanie Matthews, 10758 Westerly Dr., Mather, CA 95655 is doing business under the Fictitious Business Name "Stephie's Daycare" at 10758 Westerly Dr., Mather, CA 95655. Filed with the Clerk of Sacramento County on September 6, 2013. Publish: Sept. 11, 18, 25, Oct. 2, 2013. STEPHIE 131001 10-2-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-06869. Joshua Kretchman, 2401 U St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Trepont Real Estate and Trepont Realty" at 2401 U St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on August 27, 2013. Publish: Sept. 25, Oct. 2, 9, 16, 2013. TREPONT 131003 10-16-13

ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-06639. The following corporation has abandoned the use of the FICTITIOUS BUSINESS NAME of VF Custom Promos, 3625 Keswick Way, Sacramento, CA 95826: Victor J. Fleck, 3625 Keswick Way, Sacramento, CA 95826. The Fictitious Business Name Statement was filed on July 23, 2010, in the County of Sacramento. Abandonment filed with the Clerk of Sacramento on August 22, 2013. VFCUST 131001 10-2-13

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-06639. The following corporation has abandoned the use of the FICTITIOUS BUSINESS NAME of VF Custom Promos, 3625 Keswick Way, Sacramento, CA 95826: Victor J. Fleck, 3625 Keswick Way, Sacramento, CA 95826. The Fictitious Business Name Statement was filed on July 23, 2010, in the County of Sacramento. Abandonment filed with the Clerk of Sacramento on August 22, 2013. VFCUST 131001 10-2-13

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What Congress Needs to Do About the NSA



Commentary By
Lee H. Hamilton

an expansion of government power without precedent in the modern era. Yet while some members of Congress were informed about it — and all had the opportunity to learn — none saw an urgent need for public discussion. This is astounding. It took the actions of a leaker to spur any real airing of the matter on Capitol Hill.

Even now, it seems unlikely that Congress will make significant policy changes. That's because all the nation's key actors and institutions appear to approve of the surveillance programs. By its silence, Congress clearly supported them. Presidents Bush and Obama backed them. The intelligence community, a powerful voice on national security issues, has resolutely defended them. The courts that are supposed to keep them in line with the Constitution have been deferential to national security authorities, raising a few questions from time to time, but in the end approving all but a handful of tens of thousands of data-gathering requests.

And the American people, by their lack of widespread outrage, have signaled that in this one case, at least, they believe the government can be trusted to keep us safe.

In short, Congress — the forum where issues of such national importance should be hashed out — missed its chance to lead a reasoned national debate over how extensive we want surveillance over Americans' communications to be. It's unlikely that genie can ever again be forced back into its bottle.

Yet even the director of national intelligence, James Clapper — who once denied point-blank to Congress that the government collects data on millions of Americans — now sees the need for some sort of change. "We can do with more oversight and give people more confidence in what we do," he said in a mid-September speech.

Yes, indeed. Here's the problem: once given power, the government rarely yields it. So you have to think

not only about its present use, but how it will be used a decade or even more from now. Even if you concede that the current administration and its intelligence leadership have been responsible stewards of the powers they've been given — and I don't — that is no guarantee that the people who follow them, or the people who come after that, will be equally trustworthy.

This means that Congress has some challenging work ahead. It needs to restore the proper balance between effective intelligence-gathering and intrusion into Americans' privacy. It needs to demand more thoroughgoing accountability from the intelligence community. It needs to exercise greater oversight and insist on more transparency, more information, and more constraint on surveillance programs — defining what is truly

relevant to an investigation, creating more stringent definitions of which communications are fair game, and finding ways to assure Americans that protecting their privacy and civil liberties need not mean the wholesale vacuuming-up of every domestic phone and email record in existence.

There is no place for the timidity Congress has shown so far on these issues.

Our system depends on a vigorous Congress. The administration argues that it can provide rigorous intelligence-gathering oversight, but it has yet to prove it can do so — and in our system of checks and balances, it's not enough to have one branch of government overseeing itself. Congress, the courts, and the presidentially appointed Privacy and Civil Liberties Board all have to step up to their responsibilities.

Americans should demand action to strike a better balance between privacy and security. In the past, the congressional overseers of the intelligence community have been captivated, if not captured, by the people they're supposed to be supervising. Same with the courts. And the administration has hardly been forthcoming. That means it's up to the American people to insist that our leaders do their jobs. It's no less true today than it was at our founding: the price of liberty is eternal vigilance. ★

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

Washington is beginning to debate the proper extent of government eavesdropping powers in the wake of Edward Snowden's revelations about the NSA. It's hardly as robust a discussion as it should be, but it's a desperately needed start.

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Pops, Pooches and Playtime



Susan Peters (back, second from left) and her mini-Schnauzer Ernie will enter the spirit of an informal "Happy Hounds" doggie show during a free community concert at Pioneer Park this Saturday. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - County Supervisor Susan Peters is among sponsors of the seventh annual afternoon of music and family fun in Pioneer Park, Old Foothill Farms.

Music by the John Skinner Band will accent the free community event this Saturday, October 5. Children's face painting, a rock climbing wall and

community group displays are other attractions. Supervisor Peters will be available to meet constituents.

Deck chairs and picnics are encouraged and on-leash canines are welcome. An informal "Happy Hounds" dog show will be hosted by the Supervisor and her civic-spirited Schnauzer, Ernie.

Activities begin at 1 p.m. The band concert will be preceded

by a flag presentation at 2 p.m. Other sponsors include Sunrise Recreation and Park District and Dignity Health, Walmart, McClellan Park, Old Foothill Farms Community Task Force, Recycling Industries and North Sac News.

Pioneer Park is located at 5100 Verner Ave. For more information, call (916) 725-1585. ★

Sacramento Women's Chorus Gears up for First Oktoberfest Cabaret Show



The Sacramento Women's Chorus rehearses "Power Tools Are A Girl's Best Friend" in preparation for their upcoming Oktoberfest Cabaret show. Photo by Kati Garner.

CARMICHAEL, CA (MPG) - The Sacramento Women's Chorus is excited to present their first Oktoberfest musical variety show, "Willkommen! A Choral Cabaret", which will be held on Saturday, October 19th at the La Sierra Community Center, 5325 Engle Road in Carmichael. The chorus has been diligently practicing and preparing for this special event since moving their rehearsal site to the Arden-Arcade area in July.

A delightful evening of music, food, fun, and a silent auction is scheduled to begin at

5:30pm with a dinner consisting of bratwurst, sauerkraut, potato salad, green salad, and a vegetarian alternative to bratwurst (cabbage rolls with lemon marinara sauce). Pretzels and mustard will be served as snacks and beer, wine, and soda will be available for purchase. Cake and coffee will be served during a dessert intermission.

The show begins at 7pm and will include special guests, Totally Tapioca, a five-part a cappella vocal group. The Sacramento Women's Chorus will perform a variety of

choreographed songs including the signature song, "Cabaret", "Power Tools Are A Girl's Best Friend", and The Supreme's 1965 hit, "Stop! In the Name of Love". Tickets must be purchased in advance and are available for purchase online through October 11th at the chorus' website: www.sacramentowomenschorus.com.

Attendees have the option of purchasing tickets for dinner and the show for \$25 or dessert and the show for \$15. ★

Patriot, Animal and Community Advocate Dies

By Susan Maxwell Skinner



Dr. Major A Nilson. Photo by Susan Maxwell Skinner.

CARMICHAEL, CA (MPG) - WW 11 veteran, respected veterinarian and community leader Major A. Nilson died in Carmichael last week. He was 89. We offer condolences to the family of this great American and servant of God.

A service for Dr. Nilson will be held at the Church of Jesus Christ of latter Day Saints, Foothills Ward Chapel (5505 Hackberry Lane) at 10 a.m. on Friday, October 4.

A tribute to Dr. Nilson will appear in next week's edition of the Carmichael Times.

Syria - Tired Yet?

Commentary by Glenn Mollette

I suspect you are already tired of hearing about Syria.

The future path is blurry - even to our President. Assad will still be in power. How many has he killed without chemical weapons? Who is using the chemical weapons? It sounds to me like the real problem is the one issuing the orders in Syria.

Americans are now on the verge of committing billions of dollars of money we do not have to impact an area of the world that already hates us. Here at home we have millions who cannot find a job. We have millions more who cannot feed their families with the paycheck they receive. All the while our roads and bridges need desperate repair. We need new school buildings for our children. We have made our military do more with less but we continue to ask them to do more. We continue to put our aging seniors at risk as we make it harder for us to pay social security and cover

our huge medical tab. Needless to say the tax debt for our children and grandchildren grows all the more. Syria means additional taxes, not less taxes.

Many of us can still remember how tired we were of Vietnam. My brother served a year in Vietnam and it was a long year for our family. Fortunately, he came home. An older friend who lived just up the road named Junior was killed in Vietnam. I'll never forget his funeral. The expression on his father's face said it all when a finely dressed soldier handed him the folded American flag and expressed his appreciation on behalf of America for Junior's service.

Vietnam went on for twelve long years. It was a senseless waste of at least 58,000 American lives and for so long it seemed it would never end. We endured Iraq for eight years and lost almost 4,500 more soldiers and yet today the country is in constant chaos. Today we have allowed Afghanistan to surpass Vietnam as our longest war. With all the noise about Syria do not

forget we are still in Afghanistan. We will spend 100 billion dollars in Afghanistan this year and risk the lives of more American men and women.

The story we are hearing about Syria keeps changing. We've been hearing about Syria for at least two years. Now we are hearing all the promises made by our President, Secretary of State and others pertaining to our involvement. Over the months the promises will change, as there will be new developments, revelations and new commitments of weapons, food, soldiers and your money.

Brace yourself because history is about to repeat itself and we're already tired. ★

Glenn Mollette is an American Columnist and speaker. He is the author of American Issues and nine other books. Find his books at BarnesandNoble.com. Contact him at gmlollette@aol.com, or www.facebook.com/glennmollette

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2013 Best of Show "Annitra in Lavender", by Steve Walters

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"Living In the Sea" by Marie Dixon NCA-MP

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POPOFF!

with Mary Jane Popp

NIGHTY NIGHT

Does your nighty night turn into a nasty morning? Can stress and sleep loss, be intertwined? And if they are, how can you overcome that stress to get a solid night's sleep? Stress can come from every direction from holiday horrors to kidlet crises to work worries. How many times, after your head hits the pillow, you can't turn off that brain to slow down. Been there, done that myself! According to Dr. Shawn Talbott, nutritional biochemist, stress and sleep loss is an exhaustive and dangerous combination. The long-term effects of not getting enough sleep go well beyond simply being tired the next day. Some research suggests a strong link between sleeplessness and weight gain. That should get your attention if being pooped out by the afternoon doesn't! Dr. Talbott told me that people who are sleep deprived tend to have higher levels of the stress hormone cortisol, which can lead to more belly fat. Say it isn't so. Wishful thinking! Not enough yet? Okay, the sleep deprived may also have a more powerful junk food craving and experience more bad moods. Ah ha, I think I have your attention now. Dr. Talbott got my attention too on my radio show POPPOFF recently. He is one of America's leading lifestyle experts and author of "The Secret of Vigor" How to overcome burnout, restore metabolic balance, and reclaim your natural energy. But we are not alone. According to the National Sleep Foundation, 62% of American adults experience a sleep problem a few nights a week, and

just 31% of high school students reported getting an average of at least eight hours of sleep. One last fact. Dr. Talbott explained that you can be in bed for 10 hours and still not get enough rest. The problem may be that you are unable to recuperate from the stress that builds up during the day.

But never fear, I wouldn't bring up the problem without some solutions. If you wake up most mornings still feeling exhausted, you might want to try some of Dr. Talbott's favorite tips.

COUNTERACT MENTAL FATIGUE AND PHYSICAL STRESS THAT MAY BE KEEPING YOU AWAKE. Turn off the TV and open a book when it's close to bedtime. Teas made from chamomile, lemon balm, or fennel are particularly soothing.

INCORPORATE CALMING INGREDIENTS INTO YOUR DIET. These are some that are familiar and others you may not have heard of before.

DAIRY: Warm milk's calming quality is not just an old wives tale. Calcium and Magnesium are relaxing. Plus milk has peptides (small protein chains) which, when digested, have direct relaxation effects in the brain.

MAGNOLIA BARK: If you are feeling depleted and exhausted, this is an ingredient superstar. It helps to lower cortisol levels, which in turn helps to get rid of belly fat. It also helps restore vigor.

PINE BARK: This has some brain restorative powers, which is helpful when you are mentally fatigued.

ORANGES: On the psychological side of stress, the scent of oranges and other citrus fruits has been shown to directly stimulate areas of the brain associated with stress resilience. So take a good whiff of that orange

to shield yourself from stress before you eat it.

W H O L E G R A I N C A R B O H Y D R A T E S: When you choose whole grains instead of refined grains, you are not getting the blood sugar fluctuations so your brain and body function better. Plus, the lignan compounds in whole grains are associated with lower cortisol.

AMLA: Also known as the Indian gooseberry, amla is rich in rejuvenating antioxidants which help balance the whole body.

TONGKAT ALI: This is traditionally used in Malaysia to restore energy and vitality. It increases your chances of waking up with more vigor.

RAW ALMONDS: These are an excellent source of several anti-stress nutrients including muscle-sparing protein, heart healthy monounsaturated fats, stress-fighting B-vitamins, and relaxing magnesium. They can also help you crunch away some of your stress because several studies show that chewing action can be associated with lower stress and better moods.

INCLUDE SLEEP IN YOUR WELLNESS PROGRAM: Plan your sleep just as you plan your healthy diet and fitness regimen. You can be eating the perfect diet and following an ideal exercise schedule, but if you are skipping sleep you may be sabotaging your efforts.

Talbott concludes that reducing your stress so you can get a better night's sleep will increase your vigor the next day. So, bottom line, get your exercise done early, get your work done in time to relax at night, and if you don't have time to get eight hours of sleep, take steps to get a better six hours. Make it as restful and restorative as possible. If you want more info just check out www.shawntalbott.com and **SWEET DREAMS!** ★

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Mercy Medical Group Recognized as a Top Performing and Most Improved Physician Group by the Integrated Healthcare Association

SACRAMENTO REGION, CA (MPG) - Mercy Medical Group, a service of Dignity Health Medical Foundation, was honored today as a top performing and most improved physician group in California by the Integrated Healthcare Association (IHA) at its annual IHA 2013 Pay for Performance (P4P) Stakeholders Meeting in Los Angeles. There are Mercy Medical Group locations 6555 Coyle Avenue in Carmichael and 8001 Madison Avenue in Fair Oaks.

Mercy Medical Group is one of 40 "Top Overall Performing Physician Organizations" for measurement year 2012. The awards are based on performance in four P4P quality measure domains: Clinical Quality, Patient Experience, Meaningful Use of Health IT and Appropriate Resource Use. Nearly 200 physicians groups - representing approximately 35,000 physicians who provide care for about 10 million Commercial HMO/POS members - participate in P4P.

Mercy Medical Group was also named one of the "Most Improved" award winners, which are determined by calculating the relative improvement for each physician organization on the overall composite score for this year compared to the overall composite score for last year. The physician organization in each of the eight P4P regions that has the highest relative improvement score for overall quality performance - and does not decrease performance in any quality

measurement domain - is recognized as the most improved group in the region. "We are honored to be named a Pay for Performance double award winner by the Integrated Healthcare Association," said Alan Ertle, MD, Chief Medical Officer at Mercy Medical Group. "This is a great testament to the team effort we have between Dignity Health Medical Foundation and Mercy Medical Group which both strive to provide consistent, high-quality care every day. These awards are

a reflection of better care, and that is what our patients deserve." Seven California health plans contribute data and provide incentive payments based on the aggregated P4P results. The seven health plans are Aetna, Anthem Blue Cross, Blue Shield of California, Cigna Healthcare of California, Health Net, UnitedHealthcare and Western Health Advantage. The IHA P4P program is the largest non-governmental physician incentive program in the

United States. The program provides physician groups with financial rewards based on their performance compared to quality and efficiency benchmarks. The goal of the program is to create a compelling set of incentives that will drive breakthrough improvements in clinical quality, efficiency and the patient experience through a common set of measures, a public report card and health plan incentive payments. ★
Source: Mercy Medical Group

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- Fair Oaks Plaza Park Farmers Market**
7003 Park Drive, Fair Oaks (Old Fair Oaks Village)
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