



# Local Fire Reports

Page 4



PLUS:

# The Annual CAM Car Cruise is on!

Page 3

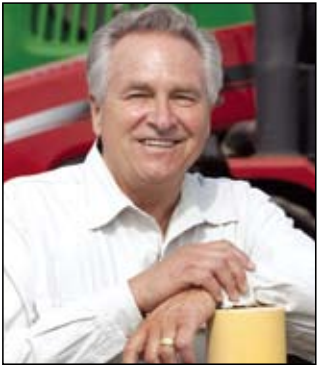
# Carmichael Times

Volume 33 • Issue 31

Serving Carmichael and Sacramento County since 1981

July 31, 2013

## Sacramento Republican Women Luncheon to Feature Nielsen



Page 3

## Forming Good Habits and Getting Rid of Bad Ones



Page 11

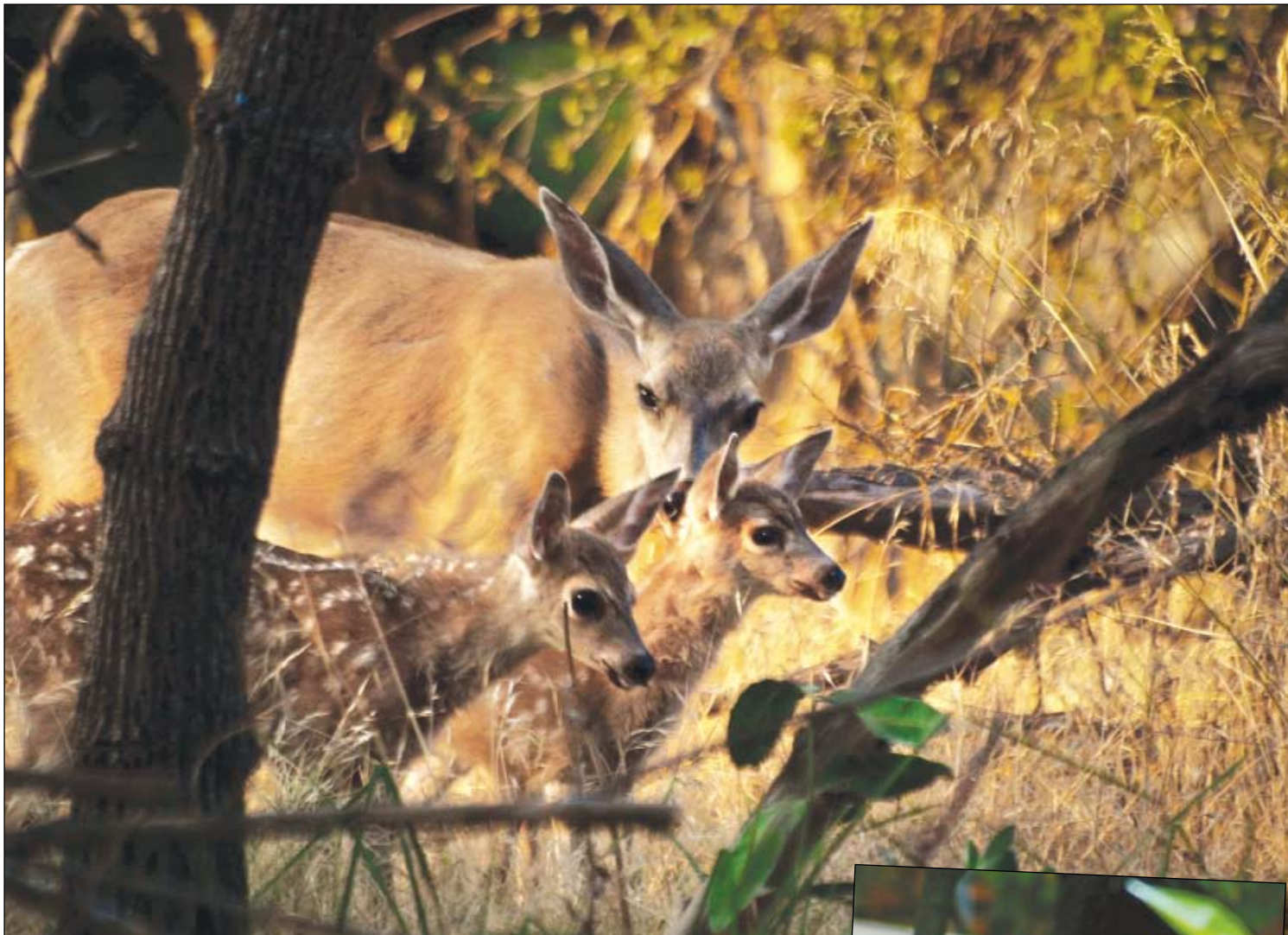
## Bera Announces Wounded Warrior Position Available



Page 9

# Heat Wave Babies Spotted

## Some Moms Prefer Home Deliveries



On a 100 degree day at the Effie Yeaw Nature Center (above), a black-tailed doe leads her twins to find water. Right: Just birthed in a secluded Carmichael Creek backyard, Bambi obediently awaits his mother's return. Photos by Susan Maxwell Skinner.

*Pictures and Words*  
By Susan Maxwell Skinner

CARMICHAEL, CA (MPG)—Challenged by recent heat waves, dehydration, and predators, black-tailed deer fawns are finding American River Parkway survival particularly tough this year. Many does have instead chosen to deliver babies in residential backyards.

Thus, in recent weeks, unusual numbers of gardeners have reported surprise at what sprouted overnight in their flowerbeds.

Garden deliveries are a safety measure for mothers and progeny: shade is plentiful, predators less common, and bird baths are handy troughs. Sprinklers mean greener grazing than our parched Parkway can offer.

"I looked out my window and a baby fawn tottered toward me," marveled a California Avenue woman. "Her eyes were unfocused and her fur was wet. I guess she had just been born. I was thrilled to

*Continued on Page 2*



## Wal-Mart Settles EEOC Disability Discrimination and Retaliation Suit

*Federal Agency Obtains \$40,000 for Estate of Employee with Disability*

SACRAMENTO, CA - Giant retailer Wal-Mart Stores, Inc. has agreed to pay \$40,000 and implement preventive measures to settle a lawsuit alleging it fired an employee because of a heart condition and because he had complained about the lack of an accommodation, the U.S. Equal Employment Opportunity Commission (EEOC) announced today.

According to the EEOC's lawsuit, in 2009, a Tire and Lube Express Bay manager who had worked at the Wal-Mart store in Placerville, Calif., since 2003, was fired on account of his disability (atrial fibrillation, a heart condition that causes shortness of breath and difficulty walking) and because he had complained about discrimination and filed a charge with the EEOC.

The Americans with Disabilities Act (ADA) prohibits treating workers unfavorably because they have a disability and requires employers to make reasonable accommodations to applicants and employees with disabilities. The ADA also prohibits retaliatory actions against employees for requesting an accommodation or filing a charge with the EEOC. After attempting to resolve the case through pre-litigation conciliation efforts, the EEOC filed the lawsuit (EEOC v. Wal-Mart Stores, Inc., CIV. 11-3327 JAM CKD) in U.S. District Court for the Eastern District of California.

In the year following the filing of the EEOC's lawsuit, the worker suffered a fatal heart attack. However, the EEOC and Wal-Mart were able to resolve the lawsuit following a settlement conference before Magistrate Judge Carolyn K. Delaney. Under the two-year consent decree resolving the lawsuit,

*Continued on Page 9*

# Community-Building in Carmichael: One Person at a Time

By Clark McKinley

CARMICHAEL, CA (MPG) – Building a sense of community in a suburb like Carmichael is a formidable challenge. Yet hundreds of volunteers are meeting it – and more help is coming.

The bad news is that there's a general loss of belonging, even in how we build new houses without front porches.

"And you have garage door openers so nobody has to see anybody," said Jack Harrison, who recently retired as director of the Carmichael Recreation and Parks District. "People are isolated from each other, and that's led to a loss of community."

But the good news is that Carmichael Park and the La Sierra Community Center have become attractive places for thousands of people who come to relax, meet others and participate in year-round events, Harrison said in a recent interview. Hundreds of residents are personally investing in parks, schools, neighborhoods, businesses by giving time, money, skills and labor to make Carmichael a better place.

In recent months, public agencies and community planners directed the planting of the big palms that now tower over the historic heart of Carmichael at Fair Oaks Boulevard and Marconi, where hitching posts and small stores stood only a few decades ago. Volunteers from the Carmichael Chamber of Commerce and other groups recently spent a weekend morning picking up trash and litter along the Fair Oaks corridor, where a multiyear widening and beautification project is under way. In another outing, Chamber members walked along the corridor to offer advice and other help to new businesses.

Other volunteers visit shut-ins, tutor children and provide food, financial aid and other relief to the needy people in the community.

"The older builders of the Carmichael community remain active and engaged," County Supervisor Susan Peters said in an e-mail response for this article. "There also appears to be a new generation of community builders through membership



Scott Young, Director, Atlas of Carmichael, on a mission. Staff Photo

in the various service clubs, neighborhood associations, the chamber, church groups, and educational organizations."

For example, churches and service nonprofits operate food closets, shelters, home care for

elderly and disabled residents, and addiction rehabilitation programs. Monthly and weekly newspapers like the Carmichael Times also build community. The Kiwanis Club raises and gives away thousands of dollars to schools, arts

programs, benevolence nonprofits, and provides scholarships for children who can't afford to sign up for teams. Many Kiwanis members fix up schools and parks.

*Continued on Page 3*



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# Heat Wave Babies Spotted



Even on the parched American River Parkway (above), siblings find a drink is always drink available when mom is handy. Photo by Susan Maxwell Skinner.



Hours old, a fawn holes up in a garden corner (above) to master a childhood lesson in obedience. Photo by Susan Maxwell Skinner.

Continued from Page 1

see nature renewed in my own yard. The mother had vanished and the baby started crying. She was running around in distress, but she stayed in my yard. Eventually, the mom came back, suckled her baby, and they wandered off together. I haven't

seen them since."

Owner of a large property near Carmichael Creek, Allan Davis headed outdoors for a stroll. "I heard a rustle and a tiny fawn was feet away from me, just staring," said Davis. "He was so cute ... eventually he ran away, but he seemed to stay in the garden."

Later, a doe showed up. Mother and child wandered down the garden path and into the sunset, together.

What both Carmichael residents observed was a rite of passage -- a behavioral norm often mistaken for maternal neglect. After does give birth,

they abjure their little ones to stay put, then disappear. No matter how frightened, the fawns wait in prescribed areas. Moms later retrieve babies already apprised of lesson one: obedience. In following months, fawns are often left beneath thickets, camouflaged by dancing light

on dappled coats. Obedience to the stay-put message is a fawn's greatest protection.

Does usually keep newborns hidden for some weeks after birth. With August upon us, new fawns are now becoming more visible on the Parkway, but from all indications, this summer presents special hardships. June/July heat waves desiccated most grasses and dried creeks early. The staple acorns won't be available till fall.

"That might explain why so many fawns were born in private gardens," ventures Effie Yeaw Nature Center staffer Betty Cooper. "On the Parkway, deer compete with other animals to eat whatever's out there. I guess our gardens are a refuge."

Here's what to do if a lone fawn appears in your yard: **Don't** assume it is abandoned

-- mothers almost always return. **Don't** move the youngster -- this may stop mom from finding it. **Don't** befriend or feed fawns -- their survival depends on wariness.

**Do** fill birdbaths or leave water pans in shade. **Do** restrain Fido until the newcomer departs; even friendly dogs may initiate flight and injury. Canine odor might also scare off the returning doe. **Do** caution neighbors to drive carefully -- the mom might appear suddenly on a street or driveway.

Above all, honor the little newcomer's presence as a brief, precious gift. We are all nature's children. Responsibility to share begins in our own yards.

For advice or assistance with orphaned fawns, visit [www.kindredspiritsfawnrescue.org](http://www.kindredspiritsfawnrescue.org).

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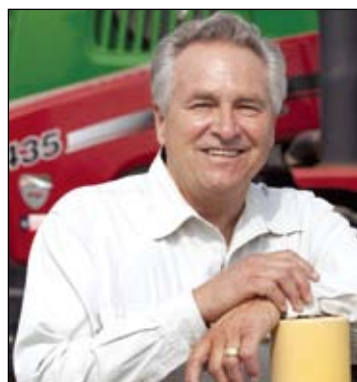
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We are proud members of these newspaper associations.

# Sacramento Republican Women Federated Monthly Luncheon to Feature Nielsen

SACRAMENTO REGION, CA (MPG) – The Sacramento Republican Women Federated will be holding their monthly luncheon on September 4th at the Northridge Country Club, 7600 Madison Avenue, Fair Oaks, at 11:30 a.m. Joining SRWF in September is featured speaker Senator Jim Nielsen, representative of the 4th Senatorial District.



Senator Jim Nielsen

member of Senate committees on Budget, Health, Insurance, and Veterans Affairs.

In addition, Senator Nielsen is a strong advocate for protecting and strengthening private property rights in California, which entails efforts to curb government's ability to use eminent domain to seize private property.

He is working with farmers and ranchers in the Klamath Basin to fight efforts by government to steal their historic water rights, resulting in authoring a law to protect 'area-of-origin' water rights in California. In addition, he is diligently monitoring the proposed delta tunnels project.

Luncheon cost is \$26, and reservations should be made by calling 916-733-1623.

Sacramento Republican Women Federated is the largest Republican Women's group in the Sacramento area. Chartered as a National Federation of Republican Women Club in 1932, we educate women on Republican principles, increase the effectiveness of women in the political cause, and are leaders in our community.

# Community-Building in Carmichael

Continued from Page 1

Hundreds of neighbors were involved in the three new neighborhood parks that have been built in the last six years, working on the parks and raising money," parks Director Harrison said. "Parks are critical to bring people together. When people get engaged in their local park, that park is their child. They watch it and protect it because they're invested, and they have a sense of community."

So there are investments in places, and investments in people.

For example, Harrison said fundraisers for the Carmichael Park's planned Aquatic Center found that the idea attracts wealthy potential donors because they care about children who have no access to a public swimming pool.

"There are people who say, 'I have a pool. I have a pool down at the club I belong to... but you know what? I recognize that a lot of kids don't have a pool.'"

On a county level, the 211 telephone and website service refers needy people to hundreds of Sacramento area nonprofits, government agencies and relief and development programs that offer emergency housing, jobs and training, financial aid, and child and health care services.

Closer to home, ATLAS of Carmichael (Attaining Truth, Love and Self-Control), a new nonprofit, offers a community-based clearinghouse service from an office strip fronting Manzanita Avenue just south of Winding Way. ATLAS staff assess inquirers' resources and may refer them to immediate relief programs. They also arrange for volunteers to regularly contact people who want encouragement in taking steps toward rehabilitation and long-term independence.

"We're looking for more than a quick fix. Instead, we're here to walk alongside people and families as they move on to a better life," said ATLAS Director Scott Young. "This is about building connections with hurting people, also to collaborate



with like-minded organizations in the community to make those connections happen."

Large potential pools of volunteers are in Carmichael's many nonprofit service and community associations and its dozens of churches and synagogues. Gary Fox, the regional executive director of Youth for Christ, said the buy-in of such groups is critical to the success of ventures like ATLAS, based on his experience with the North Area Teen Center in Carmichael. YFC operated the center next to California Family Fitness at Palm and Fair Oaks Boulevard for 10 years as one of several after-school drop-in programs around the county. The Sacramento County Sheriff's Department strongly endorsed the center, and its director was active in the Carmichael Chamber of Commerce, serving one year as president.

But in 2005, the center closed for lack of support.

"There were plenty of kids in the apartments, so the need for volunteers and funds was immense," Fox said in an interview. "But we couldn't sustain it. What killed it more than anything else was the fact that we just didn't have church support. At some point, such a program must be supported by the community."

But for programs that win that support, good things can happen.

For example, an after-school tutoring program is providing a safe place for children in a tough neighborhood of Citrus Heights. The gang-infested area was notorious for its open-air drug markets, shootings and felony assaults when YFC launched the neighborhood outreach 10 years ago. At that time, the three-block, multi-family housing area on Sayonara Drive accounted for most 911 calls to local police,

Fox said. Such calls have declined significantly.

"We've forged an incredible relationship with the elementary schools that feed back to that neighborhood, and they're some of our biggest advocates now. We've got 10 churches that participate with us and some 50 volunteers. They probably don't give a nickel financially, but the time they give is incredibly valuable because it's life-changing for these kids. The volunteers know that they're making a significant impact. If you want involvement from the community, the community's got to feel safe and they've got to feel that there's a purpose."

While private fundraising is always a challenge in the current economy, there's much that Carmichael residents can do on their own to transform their neighborhoods -- one person at a time. Transformation can happen through the one-on-one relationship mentoring program that ATLAS is developing, or through caring neighbors.

"Contributions are not just measured by financial donations," Supervisor Peters said. "Time, energy, and so-called sweat equity volunteerism are important factors that can benefit the community. For example, many seniors living alone can become isolated. The best cure for loneliness is friendship, and a good neighbor can interact with that senior living nearby. Becoming involved in your neighborhood and community is the easiest way to help those in need."

To contact Atlas call Scott Young, Director at 916-997-6542 or by email at scott@atlas Carmichael.org.

Clark McKinley is a retired journalist, ATLAS Board member and Carmichael resident for 34 years.

# The Annual CAM Car Cruise is on!

SACRAMENTO, CA – (MPG) Gorgeous cars will cruise on through from Sac State to Fulton Avenue on a regulated route with no stops this Saturday, August 3 for what's known as Sacramento's BEST Car Cruise and Show. Spectators of all ages are welcome to cheer Cruisers along the path from Sac State to Fulton Avenue, then walk freely around Fulton to enjoy some summer fun! Cruise begins at 4:00 pm, ending in a car show at 5:00 pm.

Cruisers, spectators, and car lovers will end their day on Fulton with an all-car-enthusiast celebration that

includes vendor booths, a huge car show, beer garden, awards ceremony, live music by Todd Morgan and the Emblems, and did we mention car show? This is the BEST way for the entire family to spend the afternoon amongst beautiful cars!

The California Automobile Museum has partnered with the Fulton Avenue Business Association to ensure a steady regulated Cruise along the route, making this cruise the BEST in Sacramento, and quite the spectacle. Led by a siren-happy vintage fire truck, the cruise is packed full with cars from all eras! The Model T Club has made a fun addition

in the past as the drivers and passengers dressed as gangsters and flappers. This non-stop cruise that happens only once a year in August complements the famed Reno event, "Hot August Nights"!

All proceeds from this event will go to benefit the Museum's mission to preserve, exhibit, and teach the story of the automobile and its influence in our lives. For more information, please contact the Museum directly at (916) 442-6802, pr@calautomuseum.org, or visit calautomuseum.org.

Source: California Automobile Museum

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## Vacant Home in Rio Linda Erupts in Fire According to Witnesses

crews were requested to handle the wildland fire.

Metro Fire Copter 2 was in the area on return from a prior incident and provided immediate aerial observation for the incident commander. Resources were directed to the growing grass fires as other fire crews began the firefight on the home, which they reported as fully involved in fire on arrival.

Quick and coordinated action by crews limited the grass fire to

less than an acre and protected area homes and properties. The 2-story home was known to be vacant at the time of the fire and was a total loss.

No civilians, firefighters, or animals were injured at this incident.

At the time of this release, the Investigations Unit for Metro Fire was processing the scene to determine the cause and origin.



A fire in a vacant home in Rio Linda extended into grasslands and threatened neighboring properties was limited to less than an acre. Photo courtesy of Sacramento Metro Fire.

## Early Morning Rancho Cordova Apartment Fire Results in Patient Being Taken to UCD

RANCHO CORDOVA, CA (MPG) – At 1:45 am on Saturday, July 27, Metro Fire units were dispatched to an apartment fire at the Chardonnay Court Apartments in the 2700 block of La Verta Court in Rancho Cordova. First crews on the scene reported a working fire that was involving the first-floor unit and rapidly extending to the second floor.

Crews on the scene immediately began assuring all occupants were accounted for and evacuating any residents that were in harm's way, while other personnel began stretching hose lines to suppress the growing fire.

An adult male fire victim had

been removed by neighbors and was suffering from smoke inhalation. Metro Fire paramedics immediately began patient care. The victim was soon transported to UC Davis Medical Center for further treatment.

An aggressive and coordinated fire attack by fire companies resulted in the fire being brought under control within 15 minutes. The majority of the damage was handled by the initial fire units; however, electrical service was compromised due to the fire and affected 8 total apartments, resulting in 12 people being displaced until service could be returned. Citizens were providing for their own accommodations,

although Red Cross was offered.

Quick action by Metro Fire companies on the scene limited the spread of the fire and prevented other citizens from suffering injury.

At the time of this release, the Investigations Unit for Metro Fire was processing the scene to determine the fire's cause and origin.

*Metro Fire reminds you that smoke alarms save lives! Almost two-thirds of fire-related home deaths are in homes with no working smoke alarms. Protect your family: Test your smoke alarms every month, and change the batteries when you change your clocks.*

## What Home Health Services Does Medicare Cover?

By David Sayen



David Sayen

Medicare covers a variety of health care services that you can receive in the comfort and privacy of your home. These include intermittent skilled nursing care, physical therapy, speech-language pathology services, and occupational therapy.

Such services used to be available only at a hospital or doctor's office. But they're just as effective, more convenient, and usually less expensive when you get them in your home.

To be eligible for home health benefits, you must be under a doctor's care and receive your services under a plan of care established and reviewed regularly by a physician. He or she also needs to certify that you need one or more home health services.

In addition, you must be homebound and have a doctor's certification to that effect. (Being homebound means leaving your home isn't recommended because of your condition, or your condition keeps you from leaving without using a wheelchair or walker, or getting help from another person.)

Also, you must get your services from a home health agency that's Medicare-approved.

If you meet these criteria, Medicare pays 100 percent for covered home health services for as long as you're eligible and your doctor certifies that you need them.

For durable medical equipment (like a walker, wheelchair, or oxygen equipment), you pay 20 percent of the Medicare-approved amount, after you pay the Part B deductible (\$147 in 2013).

Skilled nursing services are covered when they're given on a

part-time or intermittent basis. In order for Medicare to cover such care, it must be necessary and ordered by your doctor for your specific condition. Medicare does NOT cover full-time nursing care.

Skilled nursing services are given by either a registered nurse or a licensed practical nurse under an RN's supervision. Nurses provide direct care and teach you and your caregivers about your care. Examples of skilled nursing care include: giving IV drugs, shots, or tube feedings; changing dressings; and teaching about prescription drugs or diabetes care.

Any service that could be done safely by a non-medical person (or by yourself) without the supervision of a nurse, isn't skilled nursing care.

Physical therapy, occupational therapy, and speech-language pathology services have to be specific, safe, and effective treatments for your condition.

Before your home health care begins, the home health agency should tell you how much of your bill Medicare will pay. The agency should also tell you if any items or services they give you aren't covered by Medicare, and how much you'll have to pay for them.

This should be explained by both

talking with you and in writing. The agency should give you a notice called the Home Health Advance Beneficiary Notice before giving you services and supplies that Medicare doesn't cover.

What isn't covered? Some examples:

- 24-hour-a-day care at home
- Meals delivered to your home
- Homemaker services like shopping, cleaning, and laundry (when this is the only care you need, and when these services aren't related to your plan of care)

• Personal care given by home health aides like bathing, dressing, and using the bathroom (when this is the only care you need)

If your doctor decides you need home health care, you can choose from among the Medicare-certified agencies in your area. (However, Medicare Advantage plans may require that you get home health services only from agencies they contract with.)

One good way to look for a home health agency is by using Medicare's "Home Health Compare" web tool, at [www.medicare.gov/HHCompare](http://www.medicare.gov/HHCompare). This tool lets you compare home health agencies by the types of services they offer and the quality of care they provide.

For more details on Medicare's home health benefit, please read our booklet, Medicare and Home Health Care. It's online at <http://www.medicare.gov/publications/pubs/pdf/10969.pdf>. David Sayen is Medicare's regional administrator for Arizona, California, Nevada, Hawaii, and the Pacific Territories. You can always get answers to your Medicare questions by calling 800-MEDICARE (1-800-633-4227).



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By Ronnie McBrayer

# Fight On

newbies. Some are alone, and some are with friends or family. Some discretely hide their baldness and emaciation, and others wear the rigors of treatment like a badge of honor.

And when it comes to coping, the differences are manifold as well. Some are in shock over their prognosis. Some are depressed. Some have a stoic, Zen-like acceptance. Some keep smiling no matter what, and some are as mad as hell – at life, God, physicians – at anything or anyone who can be held responsible.

Then some patients have all these feelings simultaneously, jumbled together at once. Don't be fooled: Coping with a major illness is not as orderly as textbooks led us to believe. It is a hot mess of total emotion when facing one's personal mortality, and everyone who stands on that precipice feels everything at one point or another in the process – and sometimes these are all felt at once.

But for all the compare and contrast of these unique individuals, they are all held together by the solidarity of their battle. Through the blood, sweat, and tears they fight; they fight like gladiators in the arena. And gladiators they are, for they are desperately fighting for their lives. More so, they are fighting for what it means to be human.

As a hospital chaplain and pastor, I have visited countless bedsides, cancer wards, and infusion labs; never have I grown accustomed to the brutalizing effects of the disease on both body and spirit. Cancer, like

few other afflictions, does more than “steal, kill, and destroy” the physique. It attempts to deprive a person of his or her dignity. It endeavors to smother the internal flame and erase the spirit of the one who suffers.

So those fighting cancer (and other horrible illnesses) are not just fighting for a few more years. They are fighting for what it means to be a human being. They are marshalling all their grit and resilience (and something that borders on elegance), not just to stay alive physically, but to guard their very souls.

Oddly, this reminds me of legendary pacifist Pastor A.J. Muste. During the Vietnam War he stood in front of the White House night after night with a lit candle, in persistent and peaceful protest. A reporter asked him, “Do you really think that standing here with a candle can change the world?” Paraphrasing, he answered with a smile, “I don't stand here with my candle to change the world. I stand here to keep the world from changing me.”

Those in the arena understand that physical life may be taken from them, but by God's grace, no disease will ever rob them of their humanity, their identity, of their innate worth as unique creations of the Almighty. They understand that the fight may not change their prognosis, but the fight prevents the disease from changing them.

*Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at [www.ronniemcbrayer.net](http://www.ronniemcbrayer.net).*

## Sacramento Suburban Writers Club August Meeting

FAIR OAKS, CA (MPG) – The Sacramento Suburban Writers Club's next meeting will be Monday, August 12, 7-9 pm, at Crossroads Christian Fellowship Church, 5501 Dewey Drive, Fair Oaks.

The Sacramento Suburban Writers Club, established in 1955, is a non-profit organization dedicated to serving writers in the Sacramento Region.

Approximately 60% of our members are published. New writers are encouraged to join. Our goal is to encourage writers at all levels to achieve their personal and professional writing aspirations. Attendance is free, but membership (\$40/year) provides several benefits, including a link from their website to your own website.

## Widowed Persons Association of California, Inc.

**Office Hours:**  
10:00 am-3:00 pm Monday through Friday  
916-972-9722

### Sunday Support

Any and all widows or widowers are invited  
Every Sunday from 3:00 pm-5:00 pm

In the meeting room of the WPAC office.  
Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

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Years ago when a person wanted to teach kids to fish, they cut a switch off a tree, whittled off the nub, tied a string and hook on the end, dug worms, and away they went.  
You can still do it that way, but modern equipment will make it easier on the kids and you. Kids are also more likely to enjoy it more if they have their very own rods and reels.  
The key to making sure kids enjoy fishing is to keep them busy catching fish. Kids don't care how big the fish are or even what kind they are. They are more focused on getting a fish to bite and winding it in.  
Panfish are the ideal fish for kids. They can be found just about anywhere. They are prolific and aggressive feeders and are frequently found near easy to reach banks, which is perfect for the youngster looking for action.  
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For the last several months I have been keeping a regular appointment with an oncologist. I'm not the one receiving care, however. My friend has lung cancer, and I have been accompanying her as she receives weekly doses of chemotherapy.

These cancer treatments are administered in an “infusion laboratory.” If you have never been in one, and I hope you never have the occasion, they are all fairly uniform in design and purpose.

The “lab” is a simple room with comfortable, leather lounge chairs lining the walls. Each chair has an infusion pump that pushes what everyone prays is cancer-killing compounds through the body.

Competent, smiling nurses respond to the needs of the patients and the beeping machinery. Doctors float in and out of the room as needed. Faces grimace over the prospects of yet another needle stick; cancer war stories are told and retold; and blankets are handed out with sips of ginger ale and nibbles of saline crackers to ease the nausea.

There are those tucked into those chairs who look well, and others who are obviously ill. There are those who have been making pilgrimage to the lab for years, and those who are

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05112. Gerardo Lopez, 5521 Raley Blvd., Sacramento, CA 95838 is doing business under the Fictitious Business Name "Raley Recycling Co." at 5521 Raley Blvd., Sacramento, CA 95838. Filed with the Clerk of Sacramento County on June 21, 2013. Publish: July 3, 10, 17, 24, 2013. RALEYR 130701 7-24-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05353. Classique Technology Solutions, LLC, 507 Given St., Folsom, CA 95630 is doing business under the Fictitious Business Name "Classique Tech" at 507 Given St., Folsom, CA 95630. Filed with the Clerk of Sacramento County on July 1, 2013. Publish: July 10, 17, 24, 31, 2013. CLASSI 130702 7-31-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05322. Shannon Mason, 1019 Domajo Way, No. 163, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Mason Law Office" at 5650 Marconi Ave., Suite 23, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 28, 2013. Publish: July 24, 31, August 7, 14, 2013. MASONL 130704 8-14-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00145420 WHEREAS, Leonard Theodore Daniel Salazar has filed a petition with this court for a decree changing the name of Leonard Theodore Daniel Salazar to Leonardo Carrasco Jacobs. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 20, 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: July 26, 2013 David I. Brown Judge of the Superior Court Publish: July 10, 17, 24, 31, 2013. SALAZAR 130602 7-31-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146384 WHEREAS, Leon Brannan Ibus, Jr. has filed a petition with this court for a decree changing the name of Leon Brannan Ibus, Jr. to Joel Charles-David Brannan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 26, 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: July 10, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. IBUS 130704 8-14-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146692 WHEREAS, Randy James Dittmar has filed a petition with this court for a decree changing the name of Randy James Dittmar to Randi Jamie Dittmar. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 3, 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: June 13, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. DITTMAR 130705 8-21-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05434. Talal Alhakkak, 2251 Watt Avenue, No. 310, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Yellow Cab of Carmichael" at 2251 Watt Avenue, No. 310, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 3, 2013. Publish: July 10, 17, 24, 31, 2013. YELLOW 130702 7-31-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05434. Talal Alhakkak, 2251 Watt Avenue, No. 310, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Double Down Support Services" at 6265 Longford Dr., No. 2, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on July 8, 2013. Publish: July 10, 17, 24, 31, 2013. DOUBLE 130702 7-31-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05434. Talal Alhakkak, 2251 Watt Avenue, No. 310, Sacramento, CA 95825 is doing business under the Fictitious Business Name "New Genz Health & Beauty Club" at 6880 65th St. No. 55, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on June 12, 2013. Publish: July 31, August 7, 14, 21, 2013. NEWGENZ 130705 8-21-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146228 WHEREAS, Morgan Buchner has filed a petition with this court for a decree changing the name of Morgan Buchner to Morgan Dodson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 23, 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: July 3, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 17, 24, 31, August 7, 14, 2013. BUCHNER 130703 8-7-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146313 WHEREAS, Melissa Ann Freixas has filed a petition with this court for a decree changing the name of Melissa Ann Freixas to Issa Bella Freixas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 29, 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: July 10, 2013 David I. Brown Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. FREIXAS 130704 8-14-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146413 WHEREAS, Faunsina Keta has filed a petition with this court for a decree changing the name of Faunsina Keta to Freedom Keta. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 27, 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: July 10, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. FAKETA 130705 8-21-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05434. Ace of Spades Bail Bonds Inc., 100 American River Canyon Dr., Folsom, CA 95630 is doing business under the Fictitious Business Name "Capital City Bail Bonds" at 100 American River Canyon Dr., Folsom, CA 95630. Filed with the Clerk of Sacramento County on July 3, 2013. Publish: July 10, 17, 24, 31, 2013. ACEOFS 130702 7-31-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05434. Stephen P. Larsh, 8701 Algonquin Way, Orangevale, CA 95662-2313 is doing business under the Fictitious Business Name "Larshco Landscapes Construction" at 8701 Algonquin Way, Orangevale, CA 95662-2313. Filed with the Clerk of Sacramento County on June 26, 2013. Publish: July 17, 24, 31, August 7, 2013. LARSHC 130703 8-7-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05434. Jose M. Andrade and Angelica Andrade, 8360 Cutler Way, Sacramento, CA 95828 are doing business under the Fictitious Business Name "Star Cleaning Service" at 8360 Cutler Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 3, 2013. Publish: July 17, 24, 31, August 7, 2013. STARCL 130703 8-7-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146507 WHEREAS, Melissa Ann Freixas has filed a petition with this court for a decree changing the name of Melissa Ann Freixas to Issa Bella Freixas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 29, 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: July 10, 2013 David I. Brown Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. FREIXAS 130704 8-14-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146413 WHEREAS, Faunsina Keta has filed a petition with this court for a decree changing the name of Faunsina Keta to Freedom Keta. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 27, 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: July 10, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. FAKETA 130705 8-21-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146413 WHEREAS, Faunsina Keta has filed a petition with this court for a decree changing the name of Faunsina Keta to Freedom Keta. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 27, 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: July 10, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. FAKETA 130705 8-21-13

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# Wal-Mart Settles EEOC Disability Suit

*Continued from Page 1*  
 In addition to the monetary settlement to be paid to the estate of the deceased employee, Wal-Mart has agreed to conduct ADA training of management officials at its Placerville store.

EEOC San Francisco Regional Attorney William R. Tamayo said, "Disability and retaliation discrimination continue to exist. Employers should upgrade their training of officials and managers

to ensure compliance with the ADA. The training provided in this decree is critical to good employment practices."

EEOC San Francisco District Director Michael Balonado added, "Retaliation cases represent the largest category of charge filings with the EEOC. In Fiscal Year 2012, retaliation claims were made in more than one-third of all charge filings across the country. This shows that too many

employers are still making the serious mistake of punishing their workers for complaining about unfair treatment. We vigorously enforce retaliation cases to preserve people's access to receiving help from our agency."

*The EEOC enforces federal laws prohibiting employment discrimination. Further information about the EEOC is available on its web site at www.eeoc.gov.*

# Rep. Bera Announces Wounded Warrior Position Available in His Rancho Cordova Office

SACRAMENTO REGION, CA (MPG) – U.S. Rep. Ami Bera, M.D. (CA-7) announced Friday, July 26, that the House of Representatives Wounded Warrior Program is accepting applications for a position in his district office in Rancho Cordova. He urged eligible disabled veterans in Sacramento County to apply.

"I recently had the incredible privilege of meeting with some of our troops in Afghanistan and was able to witness first-hand the bravery and professionalism of our American military," said Bera. "It is an honor to be able to add one of our nation's brave service members to my dedicated staff, and an excellent opportunity for the men and women who served our nation in the Armed Forces to continue their public service and learn about the options available to them as they transition to civilian life."

The available position is a field representative and caseworker who would be responsible for facilitating and coordinating responses to a wide range of requests received from military and veteran constituents. The employee would serve as a liaison between the Congressman's office and various veterans organizations in the district. A full job description can be found



Congressman Ami Bera

and a VA letter confirming they have at least a 30 percent service-connected disability rating to housewoundedwarriors@mail.house.gov. They should not send resumes directly to the office of Rep. Bera.

Interested veterans can visit [www.cao.house.gov](http://www.cao.house.gov) for more information.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He's fighting to rebuild an economy that works for middle class families and to reduce our country's debt in a responsible way.

One of Bera's first acts in Congress was to help lead the effort to pass the No Budget No Pay Act, which says if members of Congress don't pass a budget, they don't get paid. As a co-chair of No Labels' Problem Solvers, he's working with people from both parties to find bipartisan solutions to our nation's challenges. He and his wife Janine live in Elk Grove with their daughter Sydra. For more updates on Rep. Bera, follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>.

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# Riley Reviews

“WOLVERINE” CLAWS ITS WAY TO TOP OF SUPERHERO ACTION HEAP

Shifting to the present day, Logan has not aged, but the soldier he rescued, Yashida (Haruhiko Yamanouchi), is an elderly, extremely wealthy industrialist, now confined to his deathbed, wistfully hoping for immortality.

Logan’s Wolverine, who does not age, possibly holds the key to a life without end, hence the interest by Yashida and assorted shadowy, mysterious figures, obviously connected to the Yakuza, to Logan’s secret.

Lured by the curious Yukio to Tokyo, Logan ends up getting a scrubbing and makeover from geisha girls, but he keeps the mutton-chopped sideburns. The answer to the second question remains elusive and unknowable.

Dutifully paying his respects to the dying Yashida, Logan discovers that the industrialist’s granddaughter Mariko (Tao Akamoto) stands to inherit his fortune, and as a result, her life is in serious danger.

For one thing, Mariko’s father is a ruthless tycoon who is apparently involved with sinister forces that seek to take control, by force if necessary, of the Yashida financial empire.

A spectacular fight sequence with ninja warriors at Yashida’s funeral service causes Logan and Mariko to go on the run, even hiding out for a time at a seedy hotel that caters to customers renting rooms by the hour.

Meanwhile, Logan is undergoing an existential crisis, evidenced by the frequent dream sequences in which his former lover, Jean Grey (Famke Janssen), a fellow mutant that he had to kill, reminds him of misfortune and tragedy.

More than troubling dreams are at work. Logan is also consumed with thoughts that his immortality is a curse and a burden that hinder his ability to live a normal life, a thought more pressing now that his romantic feelings for Mariko have taken hold.

Due to other strange things going on, Wolverine finds his physical strength ebbing away, his superpowers gradually dwindling and his immediate ability to heal from all wounds no longer a given.

But before falling into a state of impaired faculties, Wolverine manages a spectacular fight to the death on top of a speeding bullet train with a Yakuza assassin.

With the train hurtling along the tracks and through tunnels at a speed of 300 miles per hour, the rooftop battle is skillfully staged and stunning for its heart-pounding suspense. This could be the film’s best action moment.

Not so fine is the climactic battle scene inside Yashida’s mountainous lair, where Wolverine must fight a giant robot. We’ve seen enough of this in films like “Pacific Rim,” and, well, others I have already forgotten.

“The Wolverine” is filled with plenty of faceless villains, mostly ninja types who are fairly well disguised in their black robes and masks.

The most interesting bad guy is actually a femme fatale (Svetlana Khodchenkova), the blonde nurse who tends to Yashida but has a secret agenda. Though she is attractive, one would be advised not to kiss her.

Though it may not be saying much, “The Wolverine,” even when it falters at the end, is one of the better superhero movies of the summer. That’s mostly a credit to Hugh Jackman’s nuanced performance.

A word to the wise: Be sure to stay for the credits. The future of the franchise hangs in the balance with a breathless teaser.

A Film Review by Tim Riley

## WOLVERINE

(Rated PG-13)

Hugh Jackman returns as the mutant hero, the titular character in “The Wolverine.” The movie raises two questions: Why is he in Japan? Why does he still sport mutton chops?

When he’s not baring his adamantium claws, Jackman’s Wolverine is known as Logan. In what is the sixth film (counting spinoffs) of the franchise, Logan is first spotted looking like a homeless mountain man in the Alaskan wild, or maybe it’s the Yukon. Whatever, it’s some place cold and uninviting.

Living like a recluse in a cave, Logan communes with nature, even managing a peaceful coexistence with a grizzly bear companion. His solitary existence is disturbed by the appearance of reckless hunters bent on snagging a large, shaggy-haired ursine trophy.

Confronting the repugnant hunters at the town saloon, Logan reverts to his old superpowers to ward off his foes, drawing attention from the enigmatic Yukio (Rila Fukushima), who entices him to Japan. So we have the answer to the first question.

Memories of World War II are fresh in Logan’s mind, as he remembers, while interned in a POW camp, saving the life of a young Japanese soldier during the atomic bombing of Nagasaki, and thereby revealing his miraculous self-healing powers.

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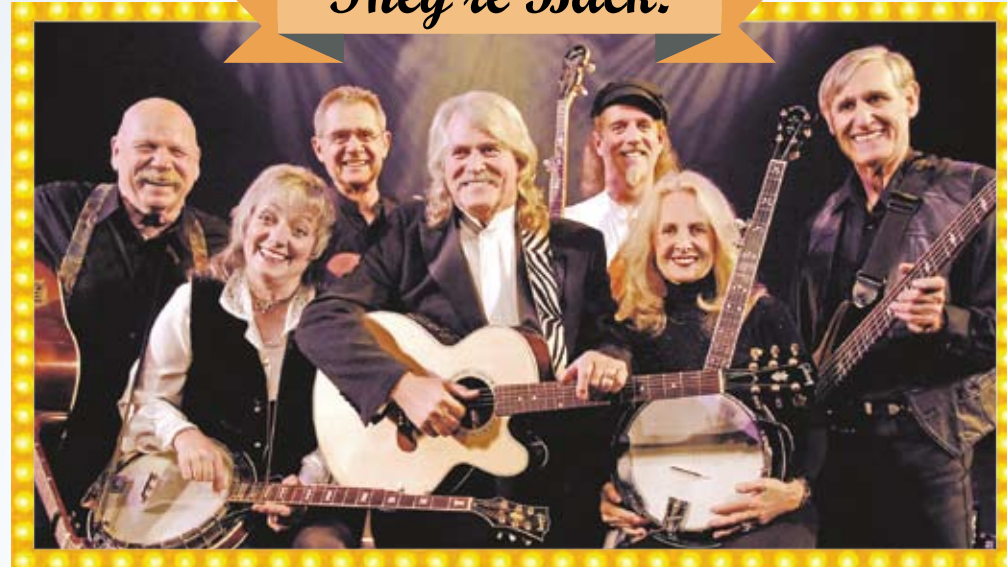
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## Dare to Live Without Limits

FORMING GOOD HABITS AND GETTING RID OF BAD ONES **by Bryan Golden**



*"It is easier to prevent bad habits than to break them."*  
 - Benjamin Franklin

*"The best way to break a bad habit is to drop it."*  
 - Leo Aikman

It's easy to form habits. But it seems as if developing bad habits takes less effort than good ones. Before I cover how to form good habits, how do you differentiate between good and bad ones? Bad habits include any behavior patterns that are destructive to you, cause harm to others, or prevent you from achieving your goals.

It doesn't matter which habits other people have. A particular habit may be good for one person but bad for another. John is extremely well organized. He knows how to manage his time so that he gets a lot done. Organization is also important to Robin. However she devotes so much time to it that there is little time left for anything else.

Although both John and Robin are very organized, John is much more productive. Robin is constantly frustrated about not being able to accomplish more. The same habit has different impacts on each of them.

It's important to know what your habits are and how they impact your life. Don't compare yourself to others. You should only be focused on what you need to do. Consider your current habits. Which would you like to get rid of?

One good way of ending a bad habit is by replacing it with a good one. Eric had a bad habit of being late for work. Rather than trying to not be late, he decided to be early. Now he starts getting ready an hour earlier than he used to. With this approach, Eric can be up to an hour "late" and still get to work on time.

All habits take time to form. It is much easier to eliminate a bad habit before it takes hold. Getting into a good habit takes determination, repetition, patience, and persistence. A major cause for disappointment is expecting to get into a good habit overnight.

A habit isn't formed in one step. It requires a process of successive steps. The first time you attempt a new course of action, it may not take hold. You may revert to your old habits. If you are to succeed, you must push yourself to focus on the new habit.

Sharon wanted to get into better shape. She joined a health club and worked out four times her first week. But she didn't lose weight or look any different. Feeling discouraged, Sharon didn't exercise at all for the next three weeks. She realized nothing positive would happen unless she resumed her exercise program. Shannon kept dragging herself back to the club until she began to see results.

When you are changing your behavior, you may encounter setbacks. If this happens, just get back on track. Janet was a junk food junkie. Her eating habits were impacting her weight. Janet decided to make a change to a more healthy diet.

Janet started off well but had days where she reverted to her old eating habits. Rather than giving up when this happened, she simply got back to her better diet the next day. Even with the setbacks, Janet's improved diet has enabled her to lose weight and feel better.

In order to form a good habit, you must be motivated. If the habit is not appealing or the results are not important to you, you won't be successful. You have to really want the new habit to be part of your life. Good habits bring many rewards, so get started today.

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## Fresh Food and Opportunity at Your Local Farmers Market

Commentary By John Crabtree  
Center for Rural Affairs

SACRAMENTO REGION, CA – (MPG) This August 4th – 10th is National Farmers Market Week. Farmers Markets are expanding to communities across the nation at an amazing rate. Since 1994, the number of farmers markets in the USDA National Farmers Market Directory has more than quadrupled. Last year the number of farmers markets reached 7,864 and this year that number will most likely top 8,000 by a considerable margin when the results of the annual Directory update are announced this week as a part of the USDA celebration of National Farmers Market Week.

Farmers Markets are

good for rural communities. They bring farmers and consumers together, create a stronger local economy, provide consumers with fresh, nutritious, affordable local food, and create opportunities for family farmers and ranchers - especially beginners - to diversify their operations and sell what they produce.

Make sure you visit your local Farmers Market this week and return often. To find a farmers market near you check out the USDA National Farmers Market Directory (<http://search.ams.usda.gov/farmersmarkets/>).

If you don't have a Farmers Market nearby, you can help create one in your community. Get started by calling the Center for Rural Affairs at 402.687.2100 and

asking for the Farm Bill Helpline and then check out USDA's Farmers Market Promotion Program (<http://www.ams.usda.gov/fmpp/>), which provides an excellent opportunity for market farmers, market gardeners and rural communities to establish and promote farmers markets and other direct-to-consumer food marketing.

The Center for Rural Affairs was established in 1973 as an unaffiliated nonprofit corporation under IRS code 501(c)3. The Center for Rural Affairs was formed by rural Nebraskans concerned about family farms and rural communities, and we work to strengthen small businesses, family farms and ranches, and rural communities.

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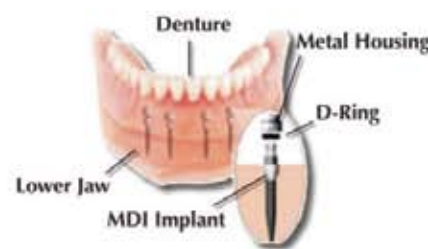
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