



Dr. Bob Graykowski

Ergonomics: A Winning Formula for Increasing Workplace Productivity

Page 4

PLUS:

Karen Anderson:
I Live...RENEWED



Page 5

Carmichael Times

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May 29, 2013

Bera Votes No on Increasing Student Debt



Page 2

Riley Reviews: Boldly Assertive Action Pumps Up Revamped "Star Trek"



Page 10

Save Money on Energy Bills: Attend a Free SMUD Workshop



Page 11



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57,000 Driving Tickets



The Office of Traffic Safety announced that the percentage of drivers actively using cell phones at any one time in the state dropped from 10.8 percent in 2012 to 7.4 percent in 2013, nearly returning to the baseline 2011 total of 7.3 percent.

SACRAMENTO, CA - (MPG) The More than 57,000 drivers were ticketed for handheld cell phone talking or texting during April's Distracted Driving Awareness Month, according to the California Office of Traffic Safety (OTS) and the California Highway Patrol (CHP). The citations written by CHP officers as well as over 250 local law enforcement agencies across the state match the number handed to drivers in last year's April campaign. The monthly number of cell phone tickets outside of this special high visibility enforcement averages 36,000 violations. Over 3,500 citations were handed out for other types of distracted driving violations.

The Office of Traffic Safety also announced today that the percentage of drivers actively using cell phones at any one time in the state dropped from 10.8 percent in 2012 to 7.4 percent in 2013, nearly returning to the baseline 2011 total of 7.3 percent. The largest drop, 33 percent, was from those holding a cell phone to their ear. The information was contained in the third annual cell

phone observational survey conducted in March by OTS through the UC Berkeley Safe Transportation Research and Education Center. The results are likely the low-end indicators due to the short, limited view observation of whether a driver was using a phone, especially for texting.

"We are very encouraged to see the usage figures decline, especially after the increase last year," said OTS Director Christopher J. Murphy. "But any number is too high, since any usage of cell phones while driving takes away too much of our brain's ability to react to what's happening on the road, not to mention when our hands or eyes are disengaged also."

Law enforcement agencies from across the state joined in the high visibility enforcement efforts of the April campaign. Officers have been witness to the ever increasing number of crashes in recent years due to cell phone use and other distracted driving. Participating agencies came together for two area-wide concentrated enforcement days during

the month as well as smaller city-wide enforcement days.

"The month of April is behind us, however, distracted driving awareness education and enforcement continues for law enforcement statewide," said CHP Commissioner Joe Farrow. "Inattention while driving is a dangerous behavior with potentially deadly consequences. Motorists, especially parents with impressionable children in the vehicle, are strongly encouraged to practice safe, legal driving behaviors. Lives depend on it."

Over and above the enforcement efforts, the "It's Not Worth It!" campaign continued to make drivers and the public aware of the dangers of distracted driving, as well as the high cost of tickets, through Caltrans changeable message signs over highways, DMV messaging in field offices, plus internet, social media and other outreach. Costs for violating the cell phone laws start at \$162 for the first offense and \$285 for subsequent offenses. Other violations for actions that can be classified as distracted driving can range even higher.

More important are the hundreds killed and thousands seriously injured every year due to drivers thinking they can operate a vehicle safely while engrossed in talking or texting on a cell phone.

Following a few uncomplicated steps would go a long way in keeping you safe from distracted driving:

- Put your cell phone out of reach or turn it off when you get in the car so you won't be tempted to use it.
- Mention on your outgoing voicemail message that you can't answer because you might be driving.
- Don't call or text anyone when there is a good chance that they may be driving.
- If you must call or text, pull into a parking space. The extra couple of minutes are worth it.
- The ability to safely multi-task while driving is myth. Cell phone use actually diminishes the brain's ability to drive safely.
- Never check Facebook, run an app, read or otherwise allow your full attention to leave the task of safely driving.

Fish Fest Thousands to Converge on Gibson Ranch Park for the 2nd Annual Event

SACRAMENTO, CA - (MPG) - On Saturday, June 8, 12-6PM, Gibson Ranch Park in Elverta will rock to the sounds of some of today's most popular performers in Christian Music.

Sacramento's 103.9 The FISH, radio station is hosting the second annual FISH FamilyFest. Last year's festival brought over 4,000 concert-goers to the park, and the 2013 dynamic, open air concert is expected to bring even more families to enjoy the festivities. Musicians and Artists scheduled to perform include Brandon Heath, The Afters, for Kind and Country, Plumb, Transparent, The Reel and more. Great food, a kid's play area, vendors and artist booths will add to family fun.

Advance tickets may be purchased at www.103.9thefish.com. General Admission is \$11.50, with VIP tickets costing \$26.50 (includes T-shirt, lunch, and Artist Meet and Greet). General Admission tickets at the gate are \$15.00. Kids 10 and under are Free.

Sitting on 320 acres of pristine, natural countryside, Gibson Ranch Park is one of the Sacramento region's most valuable natural resources for fun and relaxation. When you're there, it's hard to remember that the hustle and bustle of California's Capital is only 20 miles away.

Whether you're planning a special day, a company picnic or bringing thousands together for the FISH Family Fest, Gibson Ranch Park is the perfect venue.

For more park information and event reservations, log on to: www.Gibsonranchpark.com or call (916) 806-3868.

Sacred Heart's Schola Cantorum in Concert

SACRAMENTO REGION, CA - (MPG) On Sacred Heart's Schola Cantorum and Conductor Donald Kendrick will present an Italy Tour Preview Concert on Sunday, June 2nd at 2 PM in Sacred Heart Church located at 39th and J Streets in Sacramento.

The program will feature this 30-voice choir in a performance of choral music that they will take to Italy on a concert tour two weeks later. Their Italy odyssey includes a performance in the Vatican at the Great Altar of St. Peter's Basilica as well as concerts in Florence and Venice. The repertoire includes motets by Antonio Lotti, Palestrina, Healey Willan, Maurice Duruflé as well as contemporary spirituals and part songs.

The suggested donation at the door is \$15 General and \$10 Students/Seniors. The choir has appeared in concert throughout the Sacramento area as well as in Canada and Europe. Advance tickets are available by calling Schola's hotline at (916) 962-6056. Please do not call Sacred Heart Church regarding tickets.

Website: www.scholacantorum.com

Carmichael Recreation and Park District is Seeking Nominations for Patriots Park Wall of Honor!



Photo by Susan Maxwell Skinner.

CARMICHAEL, CA - (MPG) In 2008, the Carmichael Recreation and Park District opened Patriots Park at 6827 Palm Avenue off Dewey Drive.

Patriots Park offers a unique feature, "The Wall of Honor" to provide a lasting monument to residents of the District who gave their life while serving

their country or community.

The District is seeking nominations for Patriots Park Wall of Honor.

Candidates must meet the

following criteria:

- The individual gave their life for their Country or Community
- The individual was a resident of the CRPD or the town of Carmichael or worked or served the community of Carmichael
- The individual must not have been convicted of a felony

Candidates for nomination must be submitted by July 31, 2013. This is a yearly recognition program which happens every November.

Go to www.carmichael-park.com and click on Special Features then "Patriots Wall of Honor" for an application and the list of our current heroes.

For more information call Tracy at (916) 485-5322 x23 for more information.

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Bera Votes No on Bill that Would Increase Student Debt

WASHINGTON, DC – (MPG) On Thursday, May 23rd, Rep. Ami Bera voted against H.R. 1911, the “Making College More Expensive Act.” The bill was supposedly introduced to help students, but it would actually make college more expensive and further compound the student debt crisis, forcing students and their families into loans with high, variable interest rates. According to the Congressional Budget Office, the bill would charge millions of students and families \$3.7 billion over the next decade in additional interest payments relative to current law. “I voted against a bill today that makes college more



Congressman Ami Bera

expensive by forcing students into loans with skyrocketing, fluctuating interest rates,” said Bera. “I introduced an

amendment to ensure that students are not unsuspecting victims of variable interest rates, but because of partisan politics, it was rejected. We should make college more affordable for students and families, not less. I could afford college because of student loans. My country made an investment in me, and we need to make that same investment in the next generation to give them the opportunity to succeed.”

Congressman Ami Bera, M.D. represents Sacramento County. 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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Story Time with Old Timer



CARMICHAEL, CA – (MPG) Author Dick Wilkinson (86) read "Wilkinson's Tales" to students during a recent author day at El Rancho School, Carmichael. A resident of Atria El Camino Gardens, the retired Bay Area businessman has written two children's books. To learn more about Wilkinson's writing, call (916) 999-1761

Photo and story by Susan Maxwell Skinner.

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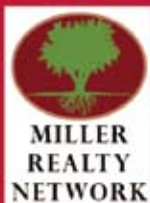
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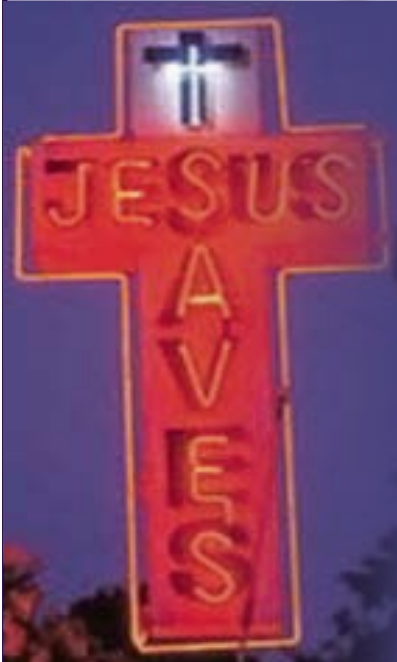
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Dr. Bob Graykowski



In today's high-tech world, many of us have jobs that involve sitting at a desk and staring into a computer screen all day. Did you know that this type of activity ups your risk of muscle and bone disorders (known as musculoskeletal disorders); including back pain, headaches, neck pain and carpal tunnel syndrome?

Prevent Techno-Stress

"Techno-stress" is the term for all the new stresses on the mind and body that accompany the high-tech world. Techno-stress frequently takes its toll on the spine. You may be designing computer programs that revolutionize the world, but chances are, you're damaging your spine in the process. Sitting hunched over a keyboard all day can wreak havoc on your spine. A slumped forward posture can actually force your spine out of alignment, resulting in areas of nerve pressure from these misalignments called spinal subluxations.

Subluxations predispose you to a myriad of conditions like neck and back pain and headaches. But, you don't have to live with subluxations. Ergonomic techniques have been proven to prevent work-related injury.

Gimmie a Break!

When we do in office ergonomic evaluations we show stretching techniques that can be done from any work station. These stretches elongate and relax weary muscles and prevent chronic strain. In addition, stretching counteracts the destructive effects of a sedentary work posture. Taking "time

Ergonomics: A Winning Formula for Increasing Workplace Productivity

out" also provides your eyes- and your mind- with needed rest, averting visual strain and reducing emotional stress.

Sitting tall

Your chair can make the difference between living pain-free or developing spinal subluxations that provoke chronic backache. Here's what to look for:

- Choose an adjustable chair with a good low back support.
- Position your chair so that your thighs are angled horizontally and your feet rest flat on the floor.
- Lower your chair so that your knees are angled at 90 degrees- if your feet still dangle at your chair's lowest setting, use a footrest.

Screen Savers

The position of your computer screen can also affect your risk of injury. What's the safest position for your screen? Here are some tips:

- Sit one arm width apart from your screen (or approximately 20 to 24 inches).
- Adjust your terminal so that the middle of the screen is a 90 degree angle to eye level.
- Prevent eyestrain by minimizing screen glare. If glare is unavoidable, consider an antiglare screen filter
- Adjust the contrast and brightness of the terminal in accordance with changes in the environmental light.

Unlock the Key to Keyboards

Poor keyboard ergonomics can lead to chronic and debilitating conditions, such as carpal tunnel syndrome. Reduce your risk of injury by adhering to these parameters:

- Relax your shoulders and allow your arms to hang comfortably- if your chair is positioned at the correct height, this posture will be facilitated.
- Allow your forearms to hover over the rim of your desk

horizontally-not at an upward angle.

• "Float" your hands slightly above the keyboard while typing, rather than resting your wrists on a desk or wrist pad.

• Use a wrist pad for rest periods between keying- not for support while typing.

• Consider a split keyboard design if you are prone to hand or wrist injury. (Research is inconclusive on the benefits of split keyboards, so use the keyboard design most comfortable for you).

• Keep your touch on the keys light and type with gentle glide - avoid "punching" keys.

Escape the Mouse Trap

Using a mouse use can aggravate shoulder and neck conditions because it provokes repetitive movements. Rather than using a traditional mouse, consider switching to a "roll ball," which eliminates forearm movement. Align the mouse as close as possible to the keyboard.

Be Proactive With Prevention

At Chiropractic USA we are prevention specialist experts in injury-reducing techniques, like office ergonomics. However, because the human body was not designed for sedentary deskwork, even the most ideal ergonomic environment can boost your risk of injury. Don't wait until your work posture causes long-term problems.

Call us to schedule an "No Cost" ergonomic evaluation. As a member of the Carmichael Chamber for more than 28 years we make it a priority to keep our community healthy through education and prevention techniques. Learn more about our community office; find us on Facebook-Chiropractic USA, or for weekly health tips join us at www.applestozen.blogspot.com/

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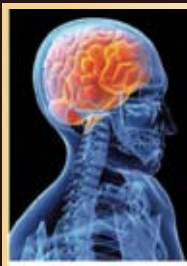
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I Live...RENEWED!

By Karen Anderson

PRAISE GOD! I am beyond pleased. Let me step back to four weeks ago. Within a day I went from a watering eye to the right side of my face being paralyzed. Talk about SCARY! It was really painful; blurred vision, couldn't focus, slurred speech, hard to eat, and driving was impossible. My first thought was, "I have had a stroke." This has always been one of my biggest fears since my accident in 1994. Even the doctors said I had over a 50% of being paralyzed because of surgery. Now it seemed like it was happening in a different way... I'm TERRIFIED!

In my denial, I kept saying it wasn't a stroke. It was probably something like Bells Palsy which is temporary and curable. I tried an alternative approach because of no funds for a doctor. My thoughts haunted me that my career as an inspirational speaker

and author were over. Satan can be so cruel. He used my fear to isolate myself. I didn't want anyone to see me like this, all distorted, so I stayed silent and played right into Satan's hands. Now he had the perfect breeding ground to put chain after chain around my heart and mind... so the fear raged on. Instead of staying stuck, it was time to reach out and tell someone what was going on. The emotional suffering eased because I was opening my heart. Do you suffer in silence? Don't! God reminded me to focus on Him and my fear changed to faith.

I got a confirmation just the other day with the doctor (God worked it out) that it was not a STROKE but Bells Palsy. PRAISE GOD! He also showed up two weeks ago and showed me that through my weakness He would show His power. You see I had speaking engagements coming up and was going to cancel them...who would want to listen and look at someone that is not perfect but God **CHANGED ME FROM INSIDE OUT...**

"So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and

place it before God as an offering. Embracing what God does for you is the best thing you can do for Him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what He wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you."

I am no longer afraid of how I sound or even look. I don't have to be perfect when God is there. He has promised me that I will continue my career whether I am completely healed or not. No worries...just trust because God is on my side. He cancelled my fear and drove Satan away from me. I now live "Renewed" and again I say...PRAISE GOD!

PASSAGE: Romans 12:1-2 (The Message)

Karen Anderson is an accomplished speaker, author, and chaplain. Women's Retreat planned for March 2014 at www.renewingyourspirittretreat.com. Karen's website www.doablesteps.com for more encouragement and offerings.



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PUBLIC NOTICE

SMUD INVITES PUBLIC INPUT ON PROPOSED RATE ACTIONS

The Sacramento Municipal Utility District (SMUD) is holding two public workshops and a public hearing to discuss proposed rate changes to begin in January 2014.

The General Manager's Report and Recommendations (Report) includes a proposed two-step rate increase of 2.5 percent in both 2014 and 2015 to meet projected shortfalls resulting from higher costs of renewable power required by the state, the increase in the number of participants in the low-income energy assistance program, and debt service obligations. Even with the proposed rate increase, SMUD rates remain among the lowest in California and would be approximately 24 percent below PG&E.

The Report also recommends a restructuring of the residential rates that will be phased in gradually over four years to better align rates with SMUD's cost to serve customers. This restructure will help residential customers make better informed choices about their energy consumption and utilizes new smart technology. SMUD's goal is to transition from tiered pricing to time-based pricing by 2018.

During the residential rate transition, SMUD proposes a new approach to the Energy Assistance Program Rate (EAPR) for low-income customers to help neutralize bill impacts.

The Report also addresses the following items:

- Modifications to street lighting rates making efficient LED lighting more cost beneficial.
- New Combined Heat and Power (CHP) rate for non-renewable generators.
- Revised late fees for public entity commercial customers.
- Reduce bill impacts to small commercial customers by combining demand and energy criteria for the small commercial rate.
- Revisions and modifications to the Rates, Rules and Regulations to enhance clarity and consistency.

Public Workshop
Tuesday, May 28 - 6 p.m.

Public Workshop
Tuesday, June 18 - 10 a.m.

Public Hearing
Thursday, July 18 - 9 a.m.

All three meetings will be held at:
SMUD Headquarters, 6201 S Street, Sacramento, 95817

Information on the proposed rate action and a copy of the General Manager's Report and Recommendation can be found on smud.org/rates. Copies of the report are also available at all Sacramento County Public Libraries.


Accommodations are available for the disabled individuals. If you need a hearing assistance device or other aid, or have specific rates questions, contact SMUD's Rates Administrator at (916) 732-6222. Written comments can be sent to rates@smud.org or MS A451, SMUD, P.O. Box 15830, Sacramento, CA 95852-0830.

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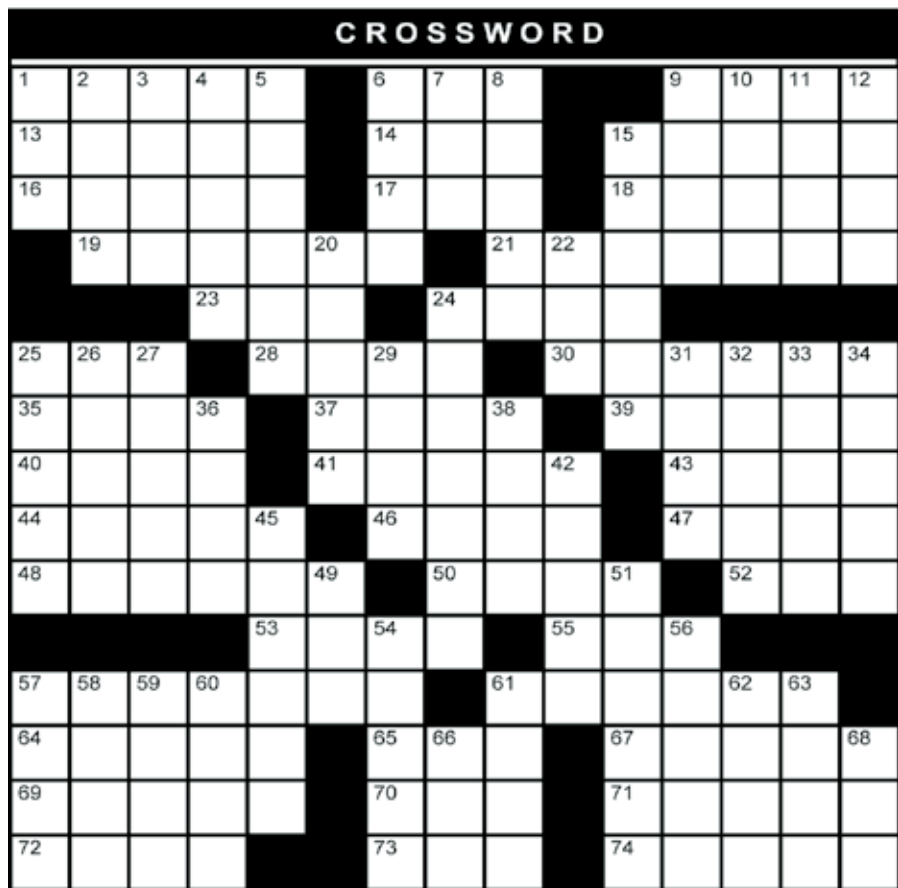
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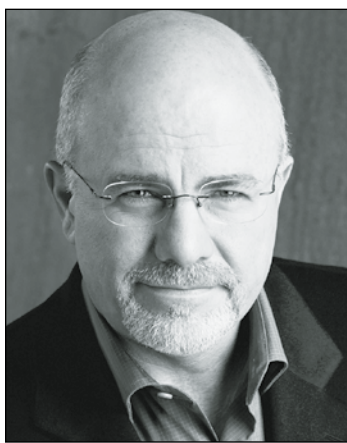
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CLUES

- ACROSS**
- Enthusiastic approval
 - Network with an eye
 - Train track
 - Beamed or glowed
 - Atilla, e.g.
 - "Beats me!"
 - Shinbone
 - Tropical American cuckoo
 - America's singing choices
 - "School's Out" singer
 - "Diary of a Wimpy Kid: _____"
 - Endorsement
 - Harper and Bruce, e.g.
 - A cool _____, as in money
 - South American Indian people
 - Raja's money, pl.
 - "Essay's main _____"
 - Truant officers
 - "Done at the mirror before prom
 - Organization formed in 1949
- DOWN**
- Bone-chilling
 - Picked up by one of senses
 - Expels from community
 - Actresses Ryan and Tilly
 - Of higher order or level
 - 1/100th of a ruble
 - Like nay-sayers
 - Gas type
 - Sir Francis Drake's "Golden _____"
 - Approximated landing time
 - Individual
 - "Final assessments
 - Santa Anna's siege site
 - Sarcastic
 - User ID + password
 - Letter's end
 - Canal locale
 - About to explode
 - Field worker
 - Caustic chemical
 - Yielded
- DOWN**
- PST plus three
 - All the rage
 - One of Los Lobos
 - Opposite of cation
 - Kitchen whistler
 - Blacken
 - Dog holder
 - Like a snicker
 - Paul of "This Is 40"
 - Dwarf buffalo
 - Inwardly
 - "Summer learning _____"
 - Excavates
 - Derive
 - "_____ the land of the free _____"
 - Helen Keller did this
 - Capital of Belarus
 - "Potato State"
 - Reduce pressure
 - "Read in English class
 - "Formal affair
 - Downy duck
 - Be theatrical
- DOWN**
- Wheel stopper
 - Blue-ribbon
 - "Done to a yearbook
 - Poly-follower
 - "For underachievers in summer
 - Kith partner
 - Right-leaning character
 - Handrail post
 - Love intensely
 - "Colorful accessory to cap and gown
 - Assortment
 - Magician, in the olden days
 - Arab ruler
 - Swirling vortex
 - Exclamation of surprise, archaic
 - Surfer's stop
 - Bit of sunshine
 - Flanders of "The Simpsons"

For Solution See Page 7



Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Move or Set Family Boundaries?

Dear Dave,
 I live outside Houston with my wife and our 9-month-old daughter. I've received a job offer from a company on the other side of the city that would pay, with bonuses, \$25,000 a year more than I'm currently making. This would require moving to a new house and away from our extended family. My wife wants to move because my mom can be a little overbearing. I understand how she feels, but I'm not certain I want to move or take a new job. What's your advice?

- David

Dear David,
 I'm not so sure this is a job change question as much as it is about the state of your relationships. I know it's hard to keep the grandparents away when there's a baby in the house; that kind of goes with the territory. But I can also understand how lots of unexpected visits and unsolicited advice can wear on a person.

If it were me, I wouldn't change jobs just to run from something. My advice is to try setting boundaries in your relationships with your parents instead of installing geographical boundaries. You might want to pick up a copy of Dr. Henry Cloud's great book *Boundaries*. Remember, your mom may not

Dave Says

realize she's intruding on your lives. This book is full of insight, and it will give you both some good advice on how to manage relationships in a healthy, loving way.

Like I said, I really don't feel this is a job-move issue. I think you guys just need to establish some fair and reasonable emotional distance between yourselves and your family.

- Dave

Altering a Baby Step

Dear Dave,
 My husband and I are debt-free except for our mortgage, and we make \$65,000 a year. At this point, we have only \$17,000 left to pay on the house. We haven't fully gotten into all the retirement planning you say should come before paying off your home. But with so little left on the house, should we attack this last bit of debt and pay it off as soon as possible? We can have it done in five or six months.

- Nancy

Dear Nancy,
 I don't see anything wrong with going ahead and knocking out the house, especially if you're that close to making it happen. Normally, the people I talk to still have \$100,000 to \$200,000 left on their mortgages.

This is a little bit different story. Usually, I'm pretty hard-core about sticking with the proper order while doing the Baby Steps. Even in my book *The Total Money Makeover*, I didn't leave room for people to go ahead and pay off a tiny, little mortgage ahead of investing for retirement. But in this situation, I think that's exactly what I'd do. Think about it, Nancy. You could be completely debt-free by year's end, and you're still underway with retirement planning. What a great Christmas gift for you and your husband to give each other!

*For more financial help, please visit daveramsey.com.

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	8	3	9	4	
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	2				3
8	3				7
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				5	7
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For Solution See Page 7.

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03266. Evelin Oprea and Dumitru Onco, both of 7759 Reno Lane, Citrus Heights, CA 95610 are doing business under the Fictitious Business Name "Bee Line Construction" at 7759 Reno Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on April 18, 2013. Publish: May 8, 15, 22, 29, 2013. BEELIN 130502 5-29-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03679. Brian K. Isenogle and Megan E. Isenogle, both of 825 Fieldstone Court, Folsom, CA 95630 are doing business under the Fictitious Business Name "MMBC Investments" at 825 Fieldstone Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County on May 3, 2013. Publish: May 8, 15, 22, 29, 2013. MMBICIN 130502 5-29-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02658. Bryan Carpenter and Cathy Carpenter, both of 115 Cruickshank Drive, Folsom, CA 95630 are doing business under the Fictitious Business Name "PartyPicx" at 115 Cruickshank Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County on March 29, 2013. Publish: May 8, 15, 22, 29, 2013. PARTYP 130502 5-29-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03367. Ronald Metzinger, 7473 Walnut Road, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Metzinger & Associates" at 3838 Watt Ave., #400-D, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on April 23, 2013. Publish: May 8, 15, 22, 29, 2013. METZIN 130502 5-29-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00142744

WHEREAS, Jennifer Elizabeth Abbott has filed a petition with this court for a decree changing name of Jennifer Elizabeth Abbott to Jennifer Elizabeth Abbott-Grasso. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 12, 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: May 1, 2013. Raymond M. Cadei Judge of the Superior Court Publish: May 8, 15, 22, 29, 2013. ABBOTT 130502 5-29-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00142421

WHEREAS, Christine Chase has filed a petition with this court for a decree changing name of Jason Anothry Malingren to Jason Anthony Chase. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 5, 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: April 24, 2013. David I. Brown Judge of the Superior Court Publish: May 8, 15, 22, 29, 2013. CHASE 130502 5-29-13

NOTICE OF PETITION TO ADMINISTER ESTATE OF ROSIE MAE HOLLINS ESTATE NO. 34-2013-142630

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of ROSIE MAE HOLLINS: A Petition for Probate has been filed by Darlene D. Hollins in the

Superior Court of California, County of Sacramento, requesting that Darlene D. Hollins be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, located at 3341 Power Inn Road #214, Sacramento, CA 95826 on June 26, 2013 at 9 a.m.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Darlene D. Hollins; 3832 Elm St., Sacramento, CA 95838; 916-952-0534. PUBLISH: May 15, 22, 29, 2013. HOLLIN 130503 5-29-13

NOTICE OF LIEN SALE

Lien sale pursuant to Harbors and Navigation Code 503 & 504 and the Civil Code Section 3071 of the State of California of the following to wit: **Vessels/Vehicles to be sold:** 2007 INTLU Boat, 21-foot, CF 4652RB, HIN: BCP01201E07; and 2007 Sport Trailer, License: CA-4JG7708, VIN: 4FBBS2121710120. McCann Griffen, GEMB Lending Inc.

June 12, 2013 at 3:15 p.m. at iStorage-Sunrise, 11330 Amalgam Way, Rancho Cordova, CA 95670; 25% non-refundable deposit due at time of sale with balance due at end of day either cash or cashier's check. PUBLISH: May 29, 2013. ISTORA 130505 5-29-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03851. Maita Investments, Inc., 2500 Auburn Blvd., Sacramento, CA 95821 is doing business under the Fictitious Business Name "MAG Advertising" at 2500 Auburn Blvd., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on May 8, 2013. Publish: May 15, 22, 29, June 5, 2013. MAGADV 130503 6-5-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03684. Yoong Tseng, 9416 Danis Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Valley Meter Co." at 4531 Orange Grove Ave., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on May 3, 2013. Publish: May 15, 22, 29, June 5, 2013. VALLEY 130503 6-5-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03056. Sarah Jane Holden, 2031 Rossmore Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Sarah Jane Holistic Massage" at 9712 Fair Oaks Blvd., #C, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on April 11, 2013. Publish: May 15, 22, 29, June 5, 2013. SARAHJ 130503 6-5-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03767. Alliance Health LLC, 3362 Brix Ct., Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name "Med-Trans" at 3362 Brix Court, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on May 8, 2013. Publish: May 15, 22, 29, June 5, 2013. MEDTRA 130503 6-5-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01892. Emanuel Deorosan, 4200 Custis Ave., Sacramento, CA 95822 is doing business under the Fictitious Business Name "Ben's D Janitorial Service" at 4200 Custis Ave., Sacramento, CA 95822. Filed with the Clerk of Sacramento County on March 8, 2013. Publish: May 15, 22, 29, June 5, 2013. BENSNDJ 130503 6-5-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03729. Dominic I. Cirincione and Kateena M. Cirincione, both of 5500 Primrose Dr., Citrus Heights, CA 95610 are doing business under the Fictitious Business Name "Family Taekwondo Plus" at 7700 Sunrise Blvd., #1950, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on May 6, 2013. Publish: May 15, 22, 29, June 5, 2013. FAMTAE 130503 6-5-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03098. Ann Hamilton, 4072 Howard St., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Maple Leaf Properties" at 2822 "S" Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on May 1, 2013. Publish: May 22, 29, June 5, 12, 2013. MAPLEL 130504 6-12-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00143191

WHEREAS, Kathlene Norris has filed a petition with this court for a decree changing name of Kathlene Norris to Garnus Ianto Norris. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 21, 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: May 8, 2013. David I. Brown Judge of the Superior Court Publish: May 15, 22, 29, June 5, 2013. NORRIS 130503 6-5-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00143167

WHEREAS, Blayne Irving has filed a petition with this court for a decree changing name of Blayne Irving to Alvin Blayne. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on June 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: May 8, 2013. David I. Brown Judge of the Superior Court Publish: May 15, 22, 29, June 5, 2013. BLAYNE 130503 6-5-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04100. Tina Marie Riordan and Benjamin Lawrence Riordan, both of 9657 Grant Line Road, Elk Grove, CA 95624 are doing business under the Fictitious Business Name "Riordan Ranch" at 9657 Grant Line Road, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on May 17, 2013. Publish: May 22, 29, June 5, 12, 2013. RIORDA 130504 6-12-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03664. Andrea Rosario, 6720 Oaklawn Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Functional

Longevity Institute" at 6735 Fair Oaks Blvd. #12-A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 2, 2013. Publish: May 22, 29, June 5, 12, 2013. FUNCTI 130504 6-12-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03888. Valery Zhelezoglo, 4925 Kenneth Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Val's Repair Small Appliances" at 5809 Marconi Ave. #C, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 9, 2013. Publish: May 22, 29, June 5, 12, 2013. VALSRE 130504 6-12-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03979. Chris Dumm, 6532 24th St., Rio Linda, CA 95673 is doing business under the Fictitious Business Name "Lucid Realty" at 6532 24th St., Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on May 14, 2013. Publish: May 22, 29, June 5, 12, 2013. LUCIDR 130504 6-12-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03598. Ann Hamilton, 4072 Howard St., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Maple Leaf Properties" at 2822 "S" Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on May 1, 2013. Publish: May 22, 29, June 5, 12, 2013. MAPLEL 130504 6-12-13

Legal Notice PLEASE TAKE NOTICE that the Governing Board of the San Juan Unified School District will conduct a public hearing at its regular meeting beginning at 6:30 p.m. on June 11, 2013, regarding a petition from Evergreen College Preparatory School to operate a charter school within the San Juan Unified School District. The meeting will be held in the district boardroom located at 3738 Walnut Avenue, Carmichael, California. Anyone requesting more information can contact Pupil Personnel Services at (916) 971-7220. Publish: May 29, June 5, 2013. SJUSD 130505 6-5-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04028. SMART Association, Inc., a Nevada corporation, 6349 Auburn Blvd., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "International Community Alliance" at 6349 Auburn Blvd., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on May 15, 2013. Publish: May 29, June 5, 12, 19, 2013. INTCOM 130505 6-19-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04058. James Allen Martin, 5050 Emerald Brook Way, Sacramento, CA 95838 is doing business under the Fictitious Business Name "CLC Property Management" at 5704 Dry Creek Road, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on May 16, 2013. Publish: May 29, June 5, 12, 19, 2013. CLCPRO 130505 6-19-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00144092

WHEREAS, Mike Todd Durbin and Carolyn Violet Evans-Durbin have filed a petition with this court for a decree changing name of Christopher Michael Evans-Durbin to atie Michelle Evans-Durbin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on July 5, 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: May 22, 2013. David I. Brown Judge of the Superior Court Publish: May 29, June 5, 12, 19, 2013. DURBIN 130505 6-19-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00144084

WHEREAS, Aimee L.S. Nitolo and Anthony L.S. Nitolo Jr. have filed a petition with this court for a decree changing name of Jack Francis Nitolo to Jace Francis Felice Nitolo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 5, 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: May 22, 2013. Raymond M. Cadei Judge of the Superior Court Publish: May 29, June 5, 12, 19, 2013. NITOLO 130505 6-19-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00143744

WHEREAS, Sue Ellen Nash has filed a petition with this court for a decree changing name of Joseph Taylor Ash-Ogawa to Joseph Taylor Ash. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 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: April 09, 2013. Raymond M. Cadei Judge of the Superior Court Publish: May 29, June 5, 12, 19, 2013. ASH 130505 6-19-13

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Sacramento County DA Reports

Recent cases of interest

CASE: Antoine Blessett (05/22/13)
PROSECUTOR: Deputy District Attorney Andrew Soloman, Gangs & Hate Crimes Unit
District Attorney Jan Scully announced today that Antoine Blessett was convicted by jury of the February 2012 murder of Christopher "Bud" Sisoukchaleun. The jury also found that Blessett used a firearm and committed the murder for the benefit of the Meadowview Bloods criminal street gang. On the early morning of February 9, 2012, a group of young men stopped at Sunland Liquors in north Sacramento. They encountered Blessett in front of the store and an argument ensued. During the argument, Blessett produced a handgun and shot the victim two times, killing him. Sentencing is set for June 13, 2013 at 1:30 p.m. in Department 20 of the Sacramento Superior Court.

CASE: Jacory Brown (05/22/13)
PROSECUTOR: Deputy District Attorney Mike Kane, Gangs & Hate Crimes Unit
District Attorney Jan Scully announced that Jacory Brown was convicted by jury for the November 2011 premeditated attempted murder of Nehemiah Johashen and Garvin Johashen, as well as discharging a firearm at an occupied motor vehicle and being a felon in possession of a firearm. The jury also found true enhancements for use of a gun and inflicting great bodily injury. Brown faces a maximum possible sentence of life in prison. Sentencing is set for July 12, 2013 in Department 38 by the Honorable Sharon Lueras.

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Current and Upcoming Events



"Focus on Fiber"
May 28 - June 22, 2013

"Inner Views" is Northern California Arts Annual Membership Show. June 25 - July 13, 2013.

Hand carry receiving Friday, June 7, 2013, 1-5pm
or Saturday, June 8, 2013, 11am to 3pm.
Download entry form from website.



Awards Reception: 2nd Saturday,
July 13, 2013, 5:30pm - 8:30pm

Juror: Frank Zamora

Frank Zamora is a well-known artist and Professor at Sacramento City College. He will be demonstrating (Drawing, Design, Acrylic) at Sacramento Fine Arts Center., Sept. 11, 2013, 7pm at the NCA Membership Meeting. Frank is a graduate of UC Davis and completed his Master in Fine Arts at Claremont Graduate School.



"The Eye of Mavericks",
by George Devine,
A Tuesday Open Studio Artist

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Kritikos Artists

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www.sacfinearts.org

Vacation Bible School

5 p.m. to 8 p.m., June 10 -14

Northminster Presbyterian Church 3235 Pope Avenue, Sacramento

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boys and girls, ages 4 through the 6th grade, come for loads of fun events. A Bible Boot Camp will be held (based on Scripture where one learns to put on the full armor of God so that one is able to take a stand against evil). Activities will also include skits, crafts, and

music. A tasty kid-friendly dinner will be provided nightly in the mess hall. There is no charge.

Registration and further information may be obtained by calling the church office at (916) 487-5192 or by visiting northminsteronline.org

Reunion for Del Campo Class of 1973

From Mary Howard

SACRAMENTO COUNTY, CA - (MPG)

Attire: Put on your bell bottom hip huggers, peace symbols and get your groove on. Or, you could just come California Casual—peace symbols and McGovern presidential buttons

optional. Don't be surprised if there is a prize for "grooviest".

Date: August 3, 2013

Location: Embassy Suites-Riverfront Promenade (Old Sac)

Time: 6:30-7:30: No-host cocktails; 7:30: Buffet dinner, followed by dancing, mingling and reminiscing

Cost/Ticket Information: \$65 (through June 3); \$75 (after June 3); final deadline to purchase is July 15; no tickets at the door; no refunds after June 10.

Tickets are now available through the reunion website at <http://delcampo1973.reunion-manager.com/>

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Riley Reviews

BOLDLY ASSERTIVE ACTION PUMPS UP REVAMPED "STAR TREK"

the volcano's edge, is rescued by Captain Kirk in direct violation of a prime directive from the Federation.

Returning his ship safely to Earth, Kirk is demoted to First Officer by Admiral Pike (Bruce Greenwood). We know from the first film that the swaggering Kirk is impulsive and willing to bend the rules, and here he is no different.

While punished for insubordination and writing false reports, Kirk is soon pressed back into service when a terrorist attack destroys the Federation underground headquarters in 23rd Century London.

On top of that, rogue Starfleet officer John Harrison (Benedict Cumberbatch) also conducts an above-ground aerial assault on a Federation conclave, killing some key members and thus necessitating Kirk's return to command of the Enterprise.

The motivations of the dastardly terrorist are not immediately known, though later revelations prove that he's a recognizable foe with an agenda more fully explained by mysterious torpedo tubes placed aboard the Enterprise.

On a mission to exterminate Harrison with extreme prejudice, the Enterprise is sent to the planet Kronos by a belligerent Admiral Marcus (Peter Weller) to seek the hiding place of the renegade.

Capturing Harrison is fraught with great risk and danger, since Kronos is an outpost for the hostile Klingons, who view any incursion on their planet as an act of war.

Turning the Enterprise into a warship creates onboard conflicts between Kirk and Spock, as they argue over the moral issues of an order to assassinate Harrison

rather than to bring him back to stand trial.

As unlikely as it may seem, Spock, the pensive, logical Vulcan who can never tell a lie, is in the middle of a rocky romantic entanglement with Zoe Saldana's tough-minded, yet sexy Uhura.

The Enterprise is populated with other familiar, lovable characters, from Simon Pegg's funny and frantic Scotty to Karl Urban's sardonic yet urgently attentive medical officer Bones. As expected, John Cho's Sulu is aloof and confident at the controls, while Anton Yeltsin plays Chekov with youthful, untested resolve.

New to the Enterprise crew is a stowaway, the uninvited science officer Carol Marcus (Alice Eve) with suspect motives, an attractive blonde who most certainly will get Kirk's attention. Creating some wariness for the crew is the fact that she's the daughter of Admiral Marcus.

The action sequences in "Star Trek Into Darkness" are cranked up to an impressive magnitude, from the violent confrontation with the Klingons to an intergalactic battle in space that nearly destroys the Enterprise, causing Kirk to improvise to bring the ship back to San Francisco.

The return to the City by the Bay results in a massive amount of destruction to the skyscraper buildings, resulting in a stunningly visual representation of wholesale destruction of property and human lives.

Though this may be presumptuous on my part, I feel there are many segments of this film that evoke memories of the past, perhaps to breed familiarity or to render homage. Some may point to the need to revisit some of the early "Star Trek" films.

Whatever the case may be, the thrilling "Star Trek Into Darkness" delivers genuine excitement that allows this venerable franchise to continue to go boldly forward and to live long and prosper.

I hope the hardcore "Star Trek" fans may find this new direction appealing, but I do not feel qualified to speak for that constituency.

A Film Review by Tim Riley

STAR TREK INTO DARKNESS

Never attracted to the dozen or so "Star Trek" television shows and about equal number of films with original TV cast members, I would never be mistaken for a Trekkie.

Until George Lucas mucked up his franchise with inane "prequels" of increasingly dubious merit, "Star Wars" was terrific, namely for interesting characters, good humor and exciting action.

On the other hand, the original "Star Trek," at least to my untrained eye, appeared more cerebral and weighed down by too much mystical philosophy. That's not a bad thing, but the action was usually paced by gradualism.

As unlikely as it is that I would ever become a Trekkie, I have been won over by director J.J. Abrams' new vision of a rebooted "Star Trek" pulsating with high-octane action and plenty of humor.

"Star Trek Into Darkness" even improves upon Abrams' maiden voyage with the 2009 "Star Trek," which introduced the young generation of Starfleet leaders, including the brash James T. Kirk (Chris Pine) trying to live up to his father's legacy.

The action picks up soon after where things left off four years ago. Captain Kirk's command of the USS Enterprise is tested when he and his crew attempt to save a primitive society from a volcano poised to erupt.

Spock (Zachary Quinto), the half-human, half-Vulcan first officer trapped in harm's way on

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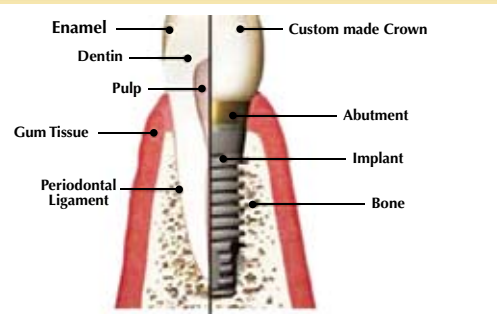
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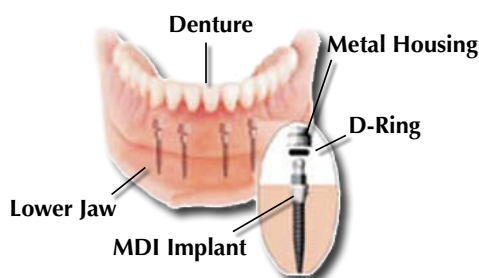
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