



Women's Empowerment Graduates Formerly Homeless Women from Job-Readiness Program

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PLUS: "Stretch Your Body and Mind for Greater Vitality"
- Dr. Bob Graykowski Page 4

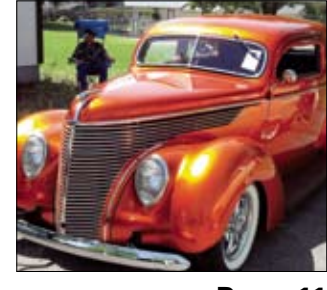
Carmichael Times

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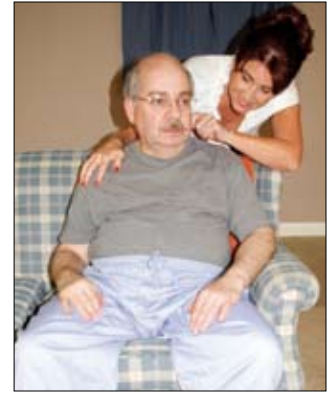
April 17, 2013

Volunteers from Vietnam Veterans of America Hold Local Car Show



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Arden Playhouse "Can Things Get Any Worse?" The Answer is Yes, in Harvey's Lucky Day



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Screwtape Letters Returns to Sacto



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Campaign Shows Cell Use Gets Worse



Message of "Phone in One Hand, Ticket in The Other" campaign: Turn off your phone and/or put it out of reach while driving.

SACRAMENTO REGION, CA (MPG) – Law enforcement in the Sacramento region recently concluded the second of three waves of their special high visibility driver hand-held cell phone and texting enforcement campaign, "Phone in One Hand, Ticket in The Other," and the results are in.

The California Office of Traffic Safety (OTS) announced that 4,750 drivers were cited for texting or talking with a hand-held cell phone between February 25 and March 10. This total compares to the first wave of the special enforcement efforts November 29 to December 9 of last year, during which 3,008 were cited.

"With better weather and more enforcement days, we

expected more citations compared to last December," said Christopher J. Murphy, Director of the California Office of Traffic Safety. "What we really hope to see is a drop in cell phone related crashes in the coming year, along with the suffering and tragedies that go with those crashes."

"Phone in One Hand, Ticket in The Other" is a year-long enforcement campaign to reduce distracted driving on roadways in the Sacramento region. This was the second of three maximum enforcement periods in a pilot program using the region to test tactics that may be employed nationally in the future. OTS was awarded \$600,000 in federal funds for these special high visibility law enforcement operations. The last special

enforcement wave will be conducted June 17-30, 2013.

The California Office of Traffic Safety, the California Highway Patrol, and the 37 local police departments from Modesto to Marysville, Vallejo to South Lake Tahoe that partnered in this latest effort are also joining with hundreds of law enforcement agencies across the state in April for National Distracted Driving Awareness Month.

"Between this special regional enforcement and April's statewide high visibility enforcement, Sacramento area drivers can't miss the "Phone in One Hand, Ticket in The Other" message," said Murphy.

Distracted drivers talking on a hand-held cell phone or texting receive a first-time ticket costing

a minimum of \$159, with a second offense costing \$279. The goal of the special enforcement operation is not to issue citations, but to raise awareness of the dangers of distracted driving and to keep drivers from being distracted by their phones in the first place.

Turn off your phone and/or put it out of reach
Include in your outgoing message that you can't answer while you are driving
Don't call or text anyone at a time when you think they may be driving

For more information on distracted driving, please visit www.distraction.gov/sacramento.

SPCA Announces Spring Book Sale



SACRAMENTO REGION, CA – (MPG) The Sacramento SPCA will hold its Annual Spring Book Sale featuring thousands of new and used books at dog-gone great prices!

The sale, one of the largest book sales in Northern California, will include thousands of bargain books in 40 categories, including fine and collectible books, religion, literature, humor, history, military, animals, mystery, romance, children's, westerns and many more.

All proceeds benefit the Sacramento SPCA, a local, independent non-profit organization caring for more than 11,000 homeless animals annually.

The event is being held from Saturday, April 20 to Sunday, April 28, 2013, from 10 a.m. to 6 p.m. on Saturdays and Weekdays; and 11 a.m. to 5 p.m. Sundays

The location is 2310 Watt Avenue, inside the Country Club Plaza Shopping Center, at the southeast corner of Watt and El Camino, near the former Gottschalk's.

For more information: Call the Sacramento SPCA at (916) 504-2842, e-mail vmasters@sspc.org or visit www.sspca.org.

Source: SPCA

DOVIA Valuable Volunteers

By Julie Parker

SACRAMENTO, CA (MPG) - The DOVIA Awards Ceremony honoring outstanding volunteers was held on April 11, 2013 at the Sacramento Food Bank and Family Services. The judges had the unenviable difficult task of selecting only two from a diverse list of valuable people.

Ultimately, the honors were awarded to Deanna Quintanilla (Sacramento Foster Grandparent Program) as Volunteer Coordinator of the Year, and Mitchell Lee (Sacramento Food Bank and Family Services) as Youth Volunteer of the Year, who also received a \$500 scholarship.

Quintanilla said, "I really enjoy working with volunteers. I get to work with seniors and children, so I'm bringing both ends of the spectrum together. It's a rewarding job all around."

Her fellow Volunteer Coordinator nominees were Annie Hassid (Wellspring Women's Center), Janice Wagaman, CVA (Front Street Animal Shelter-City of Sacramento), Laine Himmelmann (Sacramento Habitat for Humanity), Robin Simpson, CVA (Sacramento



DOVIA Award Ceremony winners: Judges had a difficult task choosing winners from many worthy contestants. Photo by Julie Parker.

Food Bank and Family Services), Becci Angel (The Soldiers Project), Cindy Dunning, CVA (Sutter Hospice), Marnie Musser (Sacramento SPCA), and Sharlene Lal-Hernandez (Fairytale Town).

"I've always liked to help people," says Lee. "I find it character building. It's something I'd like to pursue further."

His fellow Youth Volunteer nominees were Helen Veazey

(Sacramento Food Bank and Family Services), Jake Eres (Sacramento Ronald McDonald House), Madevi Sun-Suon (UCD Community Service Resource Center; Rebuilding Sacramento; Pence Gallery Garden Tour; Davis Turkey Trot; UC Davis Women's Resource & Research Center; Relay for Life; Global Business Brigade; International Bridges to Justice; International

AIDS Conference), Michael Carter-Morse (Sacramento Food Bank and Family Services), Olivia Del Bono (Club RESCUE at Bella Vista High School), Stacy Lee (Fairytale Town), Stephanie Wagaman (Sacramento Front Street Shelter), and Thomas Her (City of Sacramento Adopt-A-Park Program).

DOVIA (Directors of Volunteers in Agencies) of

Sacramento provides a forum of exchange of information for professional volunteer managers, and promotes and supports volunteer efforts that enhance the quality of life for the community.

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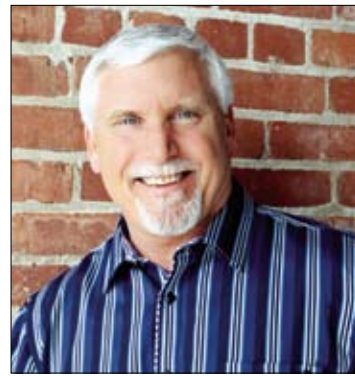
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Dr. Bob Graykowski



It's a well-known fact that stretching of muscles improves joint health and aids in the prevention of injuries. I have found though that it is equally important to stretch one's mind for better brain function. There is a natural law that muscles will contract and develop increased rigidity if they are not regularly stretched; the same concept holds true for our mind. If we aren't striving to learning new information and creating new nerve connections we can get rigid in our outlook on life and reduce brain function. Stretching of the body is just as important as strength and endurance training but often neglected or overlooked in a wellness routine. People tend to underestimate the importance of flexibility in our lives. Here are some of the added benefits of stretching our body and mind:

- 1) **Increases blood flow** – blood flow gives you greater endurance, more strength and healthy brain function along with stronger bones and joints.
- 2) **Releases tension** – flexibility reduces mental and physical stress which can result in improved posture. This also aids in the reduction of muscle soreness and fatigue.
- 3) **Improves coordination** – stretching your muscles help to increase flexibility, improve balance, and increase coordination. Brain exercises help improve retention and use of memory.

Stretch Your Body and Mind for Greater Vitality

- 4) **Improves range of motion** – flexibility makes it easier to move your joints and keep them healthy and mobile. Keeping active throughout life is imperative for a healthy brain.
- 5) **By increasing your focus** to use all of your senses at a higher level you will create better nerve synapses and a healthier nervous system.

your mindset will change your posture. Our entire body is connected through the nervous system, and the nervous system can be greatly influenced by regularly stretching our body and mind.

The real question is have you incorporated a good flexibility program aside from your regular exercise? The more you exercise, the more time you need to incorporate stretching in order to balance out your routine. Most people I know choose to stretch only when they are exercising. This should be done daily whether you have exercised or not. Remember your daily posture throughout the day. This action can lead to increased flexibility when done correctly, and has a direct effect on your mind and physical training. If you want to stay healthy in the long run, it's best you start working on a stretching program now. Your range of motion will only decrease as you get older. If you need help developing a stretching routine, or to find out more information please call (916) 973-1661.

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Women's Empowerment Graduates 26 Formerly Homeless Women from Job-Readiness Program

First Class to Graduate from New Facility



Graduates of Women's Empowerment's Session 50 cheer and listen to a fellow graduate share her story last week. Women's Empowerment offers the only comprehensive job-readiness program in the area designed specifically for women who are homeless.

SACRAMENTO REGION, CA – (MPG) More than 200 community members witnessed 26 women who were homeless two months ago graduate from the Women's Empowerment job-readiness program last week, most of them with homes and jobs.

Session 50 was the first to complete classes at the nonprofit's new, expanded facility on North A Street.

"These women were in some of the darkest times of their lives when they walked through our doors," said Lisa Culp, executive director. "But they faced

their fears and pain together, creating a support system that will not break. With that strength in place, they developed solid job skills and are either employed or well on their way to securing a job or enrolling in school."

The graduates' mentors and families attended the graduation where each graduate shared her story and future plans through poetry and speeches centered around the theme, "New and Different With Eyes Wide Open."

"When I came to this program, I needed just one person to believe in me," said Debbie

Tulysewski, graduate. "Now I know – that person is me."

Each woman received a new, donated handbag filled with a day planner and other items designed to help her succeed. The bags and reception were sponsored by Zonta Club of Greater Sacramento.

Women's Empowerment offers the only comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 1,036 homeless women and their more than 2,000 children. Last year, 89 percent of graduates found homes and 78 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community.

For more information and to donate online, visit www.womens-empowerment.org.

Source: Kristin Thèbaud Communications

Colony Neighborhood Association Holds Annual Meeting

CARMICHAEL, CA – (MPG) The annual meeting for the Carmichael Colony Neighborhood Association (carmichaelcolony.org) is April 16th at 7pm in the Main Event at Ancil Hoffman Club House. Refreshments will be served. There is a strong need for

new membership and 3 Board positions are available. We look forward to meeting you!

Participants include: Jeff Leatherman, Director, Sacramento County Regional Parks; Sherrie Carhart, Crime Prevention Specialist, North Division, Sacramento County

Sheriff's Department; Paul Tebbel, Executive Director, Effie Yeaw Nature Center; Greg Blied, Superintendent, Ancil Hoffman Park; Allan Davis & Nancy Emerson, Milagro Investments, new owner/developer, Hillside Center (Waffle Barn/Walgreens); Kiwanis Club of Carmichael.

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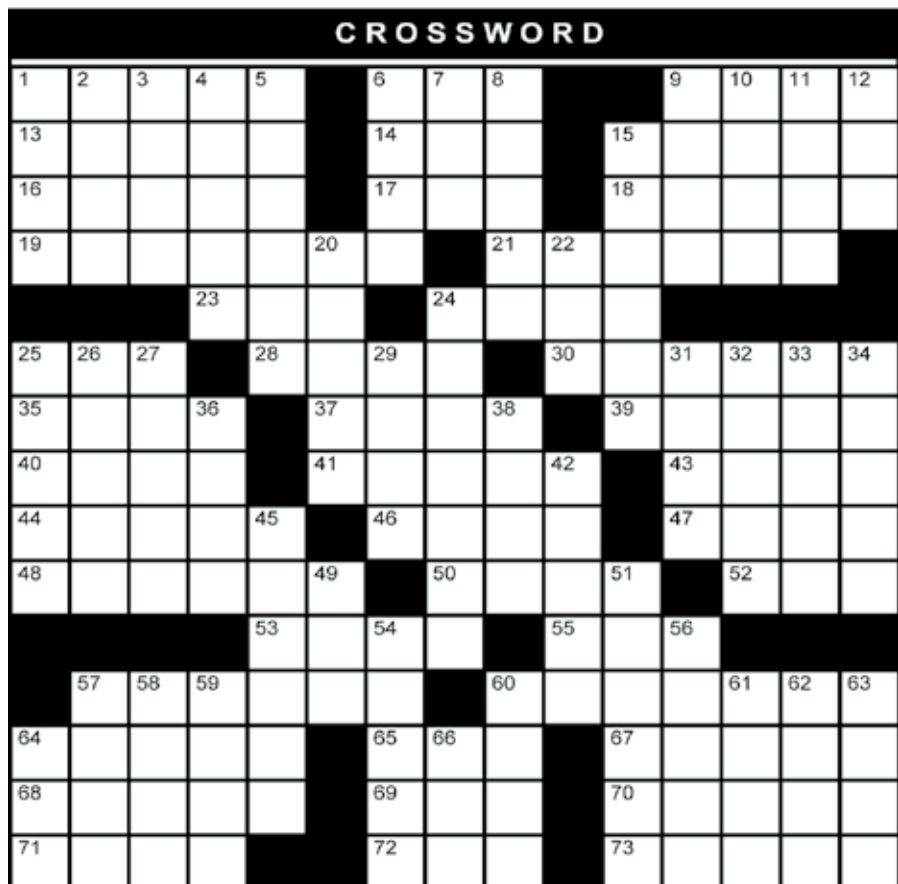


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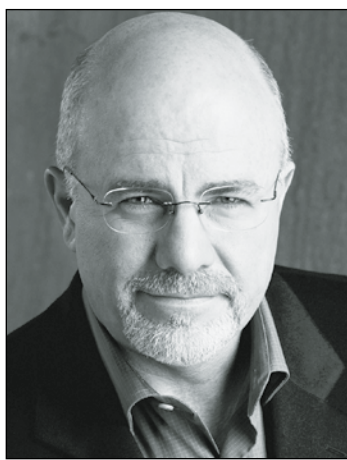
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CLUES

- ACROSS**
- Debra Messing's NBC show
 - Distress call
 - Pack down
 - "Coat used by army starting in Korean War"
 - It can be electric
 - Of the kidneys
 - E.T., e.g.
 - "Progressive or Victorian one"
 - O. Henry's specialty
 - "a.k.a. "Father of U.S. Constitution"
 - "Underground Railroad conductor"
 - Presidential election mo.
 - Arizona city
 - Auction call
 - Poet _____ Angelou
 - "George W. Bush is the _____ son of George H.W. Bush"
 - Keats' works, e.g.
 - Magnifying glass
 - Eastwood's _____ Harry
 - Hippocrates' promise
 - Monument to Buddha
 - Steam engine fuel
 - Of them
 - Prayer leader in mosque
 - Upper hand
 - "The Green _____"
 - Any thing
 - Ever, to a poet
 - Chapter 11 issue
 - Cranberry habitat
 - "Site of first shot of Civil War"
 - New Hebrides
 - Something unusual, perhaps worthy of collecting
 - Exclamation of surprise
 - Back of mandible
 - Comprehend
 - Waste of time, in text lingo
 - Sheep-like
 - Not working
 - Clinton _____ Rodham
 - Dog-_____ book
- DOWN**
- Unsubscriber's focus
 - _____ fide, in bad faith
 - Desert-like
 - Coil of yarn
 - Type of horse-drawn carriage
 - Espied
 - "_____ the fields we go"
 - List of candidates
 - "FDR was only president elected to more than two
 - Dwarf buffalo
 - "Father of American Education, Horace _____"
 - Layer
 - Like risqué entertainment
 - Stretched circles
 - "It's no _____!"
 - Free from slavery
 - "Lincoln's assassin"
 - "Known for potatoes, it achieved statehood in 1890"
 - Block
 - Supposed giant Himalayan
 - Vegas cube
 - Wear away
 - "All the world's a _____"
 - "Tippecanoe's running mate"
 - Leg bone
 - Quarrel or argument
 - Single-cell protozoan
 - Grass valued for hay for cattle
 - Driver's aid
 - "Non-interference doctrine creator, 1823"
 - "1954 Board of Education opponent"
 - Tropical fruit
 - Voiceless consonant
 - Europe/Asia mountain divide
 - _____ en scene
 - "15th Amendment subject"
 - Gulf V.I.P.
 - Ditty
 - CPO in auto industry
 - Computer-generated imagery, acr.
 - Garden cultivator

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.

Don't Ask for a Murphy Visit

Dear Dave,
 Is there ever a time you should dip into emergency fund savings in order to pay off your home early?

- Eric

Dear Eric,

The only time I would advise this is when your emergency fund is too big, and you have a very small amount left to pay on the house. Keep in mind that your emergency fund should be three to six months of expenses, not three to six months of income. Besides, paying off the house doesn't fall into the category of an emergency. The fact that you have to pay for your house doesn't catch anyone by surprise.

I understand it can be very tempting to throw a bunch of money at your house, get rid of the mortgage payments, and own it outright. But I wouldn't drain my emergency fund to make it happen—even if it meant being completely debt-free sooner. Life happens, and the moment you write that big check and weaken your emergency fund, the central unit will go out, the roof will spring a leak, or you'll have major repair issues with a vehicle.

Dave Says

When you do things like that, you're just begging for Murphy to come visit. And that's not my definition of financial peace!

- Dave

Too Much for Date Night

Dear Dave,

My husband and I have a baby and are trying to live on a budget and pay off about \$14,000 in debt. He wants to spend \$100 a month for a date night, but I think this is too much under the circumstances. I'm a stay-at-home mom right now, and after taxes he makes about \$3,200 a month. What do you think?

- Ashley

Dear Ashley,

You win on this one. If you'd told me you guys make \$150,000 a year, then I'd say he was being completely reasonable. But with your income and a lot of debt to boot, it sounds like he's just looking for an outlet to spend some money. The good thing is you're working together and beginning to take this personal finance thing seriously. You're just a little bit apart on the particulars in this area.

I think you back this amount down to \$40 or \$50 for now. That's plenty for a reasonable dinner and perhaps a baby sitter for a couple of hours. If you have family or friends nearby, you might not have to figure baby-sitting expenses into the equation at all. Keep in mind, too, that going out on a date doesn't have to mean spending money. Years ago, when my wife and I were broke, we did tons of stuff that didn't cost a dime. Picnics in the park or a pretty hike through the woods are great ways to spend time together while keeping the pocketbook in your pocket.

Be creative and make sure you find ways to have "us" time on a regular basis. But you're right on this one, Ashley. You can go out and have plenty of fun together without spending a lot of money!

- Dave

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!

For Solution See Page 7.

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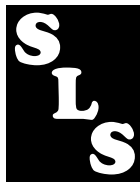
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Sudoku Puzzle on Page 6

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LEGAL ADVERTISING

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-0226. Shane C. Brady, 6002 Lincoln Ave., Carmichael, CA 95608; and Jordan A. Mitchell, 5809 Diablo Dr., North Highlands, CA 95660 are doing business under the Fictitious Business Name "Affiliated Recordz" at 6002 Lincoln Ave., Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02384. Nymeria Corporation, 4628 Creek Road, Sacramento, CA 95841 is doing business under the Fictitious Business Name "Connected Living Specialists; ConnectedLiving" at 4628 Creek Road, Sacramento, CA 95841.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01386. Donald Edward Turner, 2512 Mission Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Don Turner Enterprises" at 2512 Mission Ave., Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02307. Ildelfonso M. Resuello, 2736 Bridgeford Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name "GZStudio" at 2936 Bridgeford Drive, Sacramento, CA 95833.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02335. Heather Nicole Coombes, 6192 Riverside Blvd., #C-48, Sacramento, CA 95831 is doing business under the Fictitious Business Name "Heather's Cupcakes" at 6192 Riverside Blvd., #C-48, Sacramento, CA 95831.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02252. CSB Financial, LLC, 8359 Elk Grove-Fin Road #103-129, Sacramento, CA 95829 is doing business under the Fictitious Business Name "Morum Technologies; MorTech" at 8220-B Belvedere Ave., Sacramento, CA 95826.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02420. Cecilia Gutierrez Farias, 7508 South Land Park Dr., Sacramento, CA 95831 is doing business under the Fictitious Business Name "Paloma Farias" at 7508 South Land Park Dr., Sacramento, CA 95831.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02311. Nicole Kern, 3721 William Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Plug Club" at 3721 William Way, Sacramento, CA 95821.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02301. Doom Investments LLC, 4986 Hillridge Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Predator Paintball" at 4626 Watt Ave., North Highlands, CA 95660.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-1802. Sacramento Bartenders Guild, 218 25th Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name "USBG Sacramento" at 218 25th Street, Sacramento, CA 95816.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02334. Noe Pineda, 5604 Nona Way, Sacramento, CA 95824 is doing business under the Fictitious Business Name "Validus Cleaning Company" at 5604 Nona Way, Sacramento, CA 95824.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01818. Pawel Pachniewski, 4200 Manzanita Ave., #49, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Weekend Jelly" at 4200 Manzanita Ave., #49, Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02393. Jennifer S. Bair Bachos, 614 Dudley Way, Sacramento, CA 95818 is doing business under the Fictitious Business Name "J Bair's Skin Care" at 947 Enterprise Dr., #10, Sacramento, CA 95825.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02055. Christopher Modica, 4800 Marconi Ave., #171, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Once Upon a Video Game" at 4800 Marconi Ave., #171, Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01735. James Grinaud, 7839 Mountain Ave., Orangevale, CA 95662 is doing business under the Fictitious Business Name "SACTOWN Tees" at 7839 Mountain Ave., Orangevale, CA 95662.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02222. Chelle Johnson-Blair, 1248 Andalusia Dr., is doing business under the Fictitious Business Name "Senior Boomers Helping Boomers" at 1248 Andalusia Dr., Sacramento, CA 95833.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02665. Richard Kloinski, 6312 Date Palm Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Sierra Robotics" at 6312 Date Palm Way, Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02474. Basir Max Razai, 21 Cape Hatteras Place, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Spring Car Sales" at 2309 Lexington St., #A, Sacramento, CA 95815.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02460. Sue Randazzo and John Randazzo, both of 8945 Royal Gate Way, Elk Grove, CA 95624 are doing business under the Fictitious Business Names "The Laundry Company; The Laundry Company of Carmichael; Dazzoworld" at 6450 Fair Oaks Blvd., Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02439. Deborah Norona, 5837 Pioneer Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name "All Phase Construction Accounting" at 5837 Pioneer Way, Sacramento, CA 95841.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02606. Ying Xiu Huang, and Xio Ping Huang, both of 7921 Roseboro Circle, Sacramento, CA 95828 are doing business under the Fictitious Business Name "Choice Nails & Spa" at 2784 East Bidwell St., #600, Folsom, CA 95630.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02435. Gary Pryde, 150 Lincoln Blvd., Lincoln, CA 95648 is doing business under the Fictitious Business Name "Hollywood Graphics & Signs" at 5522 Auburn Blvd., Sacramento, CA 95841.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02652. Isaiah Nathaniel Mayfield, 2868 Westwood Lane #2, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Ironlyfe" at 2868 Westwood Lane #2, Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02663. John Martin, 2423 "Q" St., #1, Sacramento, CA 95816 is doing business under the Fictitious Business Name "New Life Health; My New Life" at 1931 "H" St., Sacramento, CA 95811.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02055. Hammer Management Inc., 4811 Chippendale Drive #308, Sacramento, CA 95841 is doing business under the Fictitious Business Name "IteX Sacramento" at 4811 Chippendale Drive #308, Sacramento, CA 95841.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02131. Rachael Taylor and Tamica Brewster, both of 2708 Woodberry Way #101, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Names "GJ Holding; La Flare" at 2708 Woodberry Way #101, Rancho Cordova, CA 95670.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02133. Rachael Taylor and Tamica Brewster, both of 2708 Woodberry Way #101, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name "JAK Service" at 3874 Auburn Blvd., #1, Sacramento, CA 95821.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02411. James Andrew Scurti, 17115 Gamet Drive, Reno, NV 95608 is doing business under the Fictitious Business Name "Craftsman Painting & Construction; Craftsman Construction" at 2350 Church St., #6, Sacramento, CA 95821.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02742. Walter R. Dahl, 2304 "N" St., Sacramento, CA 95816-5716 is doing business under the Fictitious Business Name "Dahl Law, Attorneys at Law" at 2304 "N" St., Sacramento, CA 95816-5716.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02662. Melanie Hirsch, 1679 Sunrise Ave., #B365, Roseville, CA 9561 is doing business under the Fictitious Business Name "Finest Floors" at 4100 Wayside Lane #170, Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02562. Cayetano Alberto Valdez, 6657 Laurine Way, Sacramento, CA 95824 is doing business under the Fictitious Business Name "Valdez Recycling" at 9797 Dillard Road, Wilton, CA 95693.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02647. Singers Ventures LLC, 5348 Vegas Drive, Las Vegas, NV 89108 is doing business under the Fictitious Business Name "Mellas Flooring" at 1840 Avondale Ave., #1, Sacramento, CA 95825.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02654. Dan E. Tapia, 6438 Auburn Blvd., #3, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Last Call Sacramento" at 7438 Auburn Blvd., #3, Citrus Heights, CA 95621.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01877. Victoria Lynn Beals, 6030 Madison Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Pinkiepopo" at 3331 Balmoral Dr., Sacramento, CA 95821.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02287. Phil Vanderloo, 4133 Main St., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Phil Vanderloo Drafting and Design" at 4133 Main St., Fair Oaks, CA 95628.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02552. Hammer Management Inc., 4811 Chippendale Drive #308, Sacramento, CA 95841 is doing business under the Fictitious Business Name "IteX Sacramento" at 4811 Chippendale Drive #308, Sacramento, CA 95841.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02680. Michael Kahn, 6548 Lake Park Dr., Sacramento, CA 95831 is doing business under the Fictitious Business Name "Frog Stone Media" at 6548 Lake Park Dr., Sacramento, CA 95831.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02411. James Andrew Scurti, 17115 Gamet Drive, Reno, NV 95608 is doing business under the Fictitious Business Name "Craftsman Painting & Construction; Craftsman Construction" at 2350 Church St., #6, Sacramento, CA 95821.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02742. Walter R. Dahl, 2304 "N" St., Sacramento, CA 95816-5716 is doing business under the Fictitious Business Name "Dahl Law, Attorneys at Law" at 2304 "N" St., Sacramento, CA 95816-5716.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02662. Melanie Hirsch, 1679 Sunrise Ave., #B365, Roseville, CA 9561 is doing business under the Fictitious Business Name "Finest Floors" at 4100 Wayside Lane #170, Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02477. James A. Terry III and Kathy S. Terry, both of 7601 Klanney Lane #233, Citrus Heights, CA 95610 is doing business under the Fictitious Business Names "Select Coupons; Pacific Coast Marketing System" at 6720 Van Maren Lane #B, Citrus Heights, CA 95621.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02696. Trinidad Enriquez, 995 Colmore Court, Galt, CA 95632 is doing business under the Fictitious Business Name "Rworld Studios" at 4555 Auburn Blvd., #18 & #23, Sacramento, CA 95841.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02654. Dan E. Tapia, 6438 Auburn Blvd., #3, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Last Call Sacramento" at 7438 Auburn Blvd., #3, Citrus Heights, CA 95621.

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02680. Michael Kahn, 6548 Lake Park Dr., Sacramento, CA 95831 is doing business under the Fictitious Business Name "Frog Stone Media" at 6548 Lake Park Dr., Sacramento, CA 95831.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02411. James Andrew Scurti, 17115 Gamet Drive, Reno, NV 95608 is doing business under the Fictitious Business Name "Craftsman Painting & Construction; Craftsman Construction" at 2350 Church St., #6, Sacramento, CA 95821.

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02452. Jon Roj Inc., 8590 Barton Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Realty World-Ram and Associates" at 8590 Barton Court, Elk Grove, CA 95624.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02330. Kanda Pomtosapon and Vichit Pomtosapon, both of 8630 Aspen Ridge Court, Antelope, CA 95843 are doing business under the Fictitious Business Name "KP Enterprises" at 5443 Dudley Blvd., McClellan, CA 95662.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02330. Kanda Pomtosapon and Vichit Pomtosapon, both of 8630 Aspen Ridge Court, Antelope, CA 95843 are doing business under the Fictitious Business Name "KP Enterprises" at 5443 Dudley Blvd., McClellan, CA 95662.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-03054. Karen Pinnegar, 3335 Hunter Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Treasure Valley Engraving CA" at 3335 Hunter Lane, Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02775. Jamshid Kamaliddinov, 3874 Auburn Blvd., #1, Sacramento, CA 95821 is doing business under the Fictitious Business Name "JAK Service" at 3874 Auburn Blvd., #1, Sacramento, CA 95821.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02411. James Andrew Scurti, 17115 Gamet Drive, Reno, NV 95608 is doing business under the Fictitious Business Name "Craftsman Painting & Construction; Craftsman Construction" at 2350 Church St., #6, Sacramento, CA 95821.

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00130964. WHEREAS, Jessica Vera Katz has filed a petition with this court for a decree changing name of Jessica Vera Katz to Jessica Vera Katz-Arney.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00130964. WHEREAS, Jessica Vera Katz has filed a petition with this court for a decree changing name of Jessica Vera Katz to Jessica Vera Katz-Arney.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00131646. WHEREAS, Anna Poyras has filed a petition with this court for a decree changing name of David Andrew Yagolnikov to David Andrew Poyras.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00135425. WHEREAS, Ian Knox has filed a petition with this court for a decree changing name of Ian Knox to Hannah Alexandria Knox.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00135425. WHEREAS, Ian Knox has filed a petition with this court for a decree changing name of Ian Knox to Hannah Alexandria Knox.

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By Karen Anderson

You're Not Perfect

is? Can God do what He says He can do? Is God perfect? Did He create you? Your answer to all these questions had better be YES. If they are not, you and I need to talk. You are missing out on the most wonderful and meaningful relationship that you will ever have in your life here on earth. Now back to the questions...

If you believe that God created you, how can you think less of yourself when things are not perfect? You just agreed that God is God, and there is no doubt about it. Can you see God's work in your life? Do you think God breaks promises? He wouldn't be much of a God if you couldn't count on Him 100%. His Word says, "For since the creation of the world God's invisible qualities—His eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse." I want you to contemplate on this.

Now answer this question: God made you unique, right? God has a purpose for your life. When you get upset with yourself, do you put yourself down, or even call yourself dumb or stupid? How dare you say anything like that! I personally believe when you do that you are sinning against God. He made you and as I said before, you are precious to Him. The Word says, "As you come to Him, the living Stone - rejected by men but

chosen by God and precious to Him." You will never be perfect because the only one that is perfect is God. You will never measure up to Him. The blessing is that even though you and I can never measure up to God, we can have a very close and special relationship with Him. If you haven't made that commitment by accepting the precious gift of His son's life; it is time. Remember, Jesus took your place so that you could have an intimate relationship with His father, God.

Instead of being upset that you are not perfect, get on your knees and thank God that He wants to be your Father and care for you. Every day, when I wake up, I am thankful for a day that God will walk with me hand-in-hand. He will walk with you too... JUST ASK. Now enjoy your life with Him, even in times of your imperfection. Remember, you are perfect through His son, Jesus Christ.

Passage: Romans 1:20
1 Peter 2:4

Karen Anderson is an accomplished speaker, author, and chaplain. Women's Retreat planned for March 2014 at www.renewingyourspiritretreat.com. Receive a copy of her latest book, "Nikki's Tail-Waggin' Lessons." Leave a message or questions for Karen through her website www.doablesteps.com/contact.

"STOP IT! Stop it right now!" You are putting way too much pressure on yourself. Why do you feel if it is not perfect you have failed? You are not a failure, you are beautiful and successful in everything you put your mind, heart, and hands to."

How many times have you put yourself down because your home or business projects, thoughts, what you say, writing, or anything you do doesn't measure up to your standards? I hate to tell you this, but your standards are not as important as God's. Stay focused on the fact that God sees you as precious. Measure your actions according to His Word and what He wants for you, not from your limited human perspective. Human perspective is flawed, and will leave you feeling useless and unworthy.

First, I want you to ask yourself these questions: Do you believe God is who He says He



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Carmichael's Chamber of Commerce recently netted the California Family Fitness Club as a new member. At the studio's Fair Oaks Blvd, club sales manager Matt Mazzuca (middle, left) was center-court with operations manager Krystina Halliburton. Enjoying a business mixer, Chamber members rallied for rebounds. Photo by Susan Skinner.



POPOFF!

with Mary Jane Popp

INFLAMMATION INQUIRY

Here's a 'did you know' fact that floored me. Did you know that medical researchers have found that heart disease, diabetes, cancer, obesity, arthritis, depression, asthma, and even allergies have all been linked to elevated levels of inflammatory markers in the body? That's the bad news I got from Dr. Aimee Shunney, Naturopathic Physician and health educator on my POPPOFF radio Show recently. But here's the good news. Dr. Shunney says, "Chronic inflammation perpetuated by poor diet, sedentary lifestyle, and unrelenting stress, may be the single greatest threat to patient health."

But never fear, the good Doc says these issues can actually be fixed. Dr. Shunney revealed her five most effective recommendations for decreasing inflammation and moving towards optimal health:

1) **Eat a whole foods anti-inflammatory diet:** What we put in our mouths is the foundation of our health. When it comes to inflammation, an anti-

inflammatory diet is essential. This includes removing foods like refined grains and sugar, and including foods like vegetables, legumes, and fish, and anti-inflammatory spices like garlic and ginger. It also includes identifying and eliminating food allergies and food sensitivities, best done with an elimination and challenge diet.

2) **Increase your activity level:** Having extra weight on us increases inflammatory markers in the body AND exercise releases anti-inflammatory chemicals in the body, making regular activity a win-win in the inflammation game.

3) **Get adequate sleep:** Sleep is the time when the body recovers from the day's stressors. Those who report more sleep have better health overall. Some of our best sleep happens before midnight, so getting to be by ten or eleven pm is a great step towards optimal health. Adequate sleep also allows the body to handle stress better, which decreases inflammatory markers in the body.

4) **Include activities that calm down your stress response.** We do so much in our daily lives that keeps us in constant motion. Taking the time to slow down helps calm and balance our nervous system, thereby decreasing inflammation. These activities include yoga, tai chi, qi gong, meditation, prayer—ultimately, anything that gets you to a quieter place. Joy, gratitude, and

optimism have also been shown to benefit our health!

5) **Use anti-inflammatory supplements:** Scientific research has shown that the omega 3 fats from fish oil are highly anti-inflammatory due in part to their ability to slow down the body's production of chemicals called prostanooids, which when produced in excess increase inflammation in various tissues and organs. Tumeric, ginger, garlic, rosemary, glucosamine, and quercetin are also known for their anti-inflammatory properties and can be taken in supplement form.

Are these all the answers? Probably not, but it's a start with tools we have control over for the most part. There is, of course genetics and a myriad of other conditions, but if we can get a handle on some of the issues, it's a good start. I know it's so easy to throw out the big BUT, like, 'but I have work to do' 'but I have a family to care for,' but it's so complicated.' BUT, if you don't start somewhere, you'll get nowhere BUT sick! It's one step at a time to good health! Check out Dr. Shunney's website for more great info on inflammation and staying well the natural way at www.drshunney.com. Naturally, it's the right thing to do!

Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPPOFF 10 PM - Midnight.**



Announcements & Events

Sunday Funday

Bring your family and friends and enjoy a day at the park with fun activities, games and crafts!

May 5th • 10am - 1pm

**Carmichael Park, Vets Hall Lawn
5750 Grant Avenue**

For registration & other information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

May Library Book Sale

Over 7,500 Books for Great Summer Reading!

ARDEN ARCADE, CA – (MPG) The next Friends of Arden-Dimick Library book sale is scheduled for Friday, May 3 from 1:00 p.m. to 6:00 p.m. and Saturday, May 4, from 10:00 a.m. to 3:00 p.m. in the Community Room at the Arden-Dimick Library, 891 Watt Avenue. Funds from this sale will be used for local library programs.

A beautiful new on-site storage unit provides additional room to store and ultimately sell even more donated books! More than 7,500 books, including a wonderful collection of children's books, will be offered at incredibly low prices; from 50¢ up to \$1.50. This will be an excellent, affordable opportunity for adults and children to stock up

on summer reading materials. The Friends of the Arden-Dimick Library is a volunteer community-based organization. Its dual mission is to advocate for the Library and to provide funding for books, materials, programs and library activities primarily through selling donated books.

Carmichael Cactus and Succulent Society

Meeting May 2 • 10am

Carmichael Park Clubhouse, 5750 Grant Avenue, Carmichael, CA 95608

Program: 2 tours, Mary Griggs and Norm Klein.

Klein tour, 11139 Mace River Ct. Rancho Cordova is open to the general public from 1-3p

Questions: 916-729-3475



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Chevy and Plymouth Take Top Honors at the Vietnam Veterans of America Car Show



1957 Chevrolet 150 owned by Susan Peterson and 1937 Plymouth Coupe owned by Richard Myatt were the day's winners. Standing in for Myatt is son Noel and grandson Dominic (Noel's nephew). Both parties live in Citrus Heights. Photo credit Lynne Tolman.

By Lynne Tolman

CARMICHAEL, CA – (MPG) Richard Myatt of Citrus Heights won both the Mens' Choice and the Overall Best in Show awards with his "voodoo blue" 1937 Plymouth Coupe. Susan Peterson, also of Citrus Heights, topped the Ladies' Choice category with her two-tone orange fusion & beige 1957 Chevrolet 150.

The show, held at the Carmichael Elks Lodge attracted approximately forty custom and classic cars with year, make and models ranging from a primed 1923 Ford T-Bucket to a bright yellow 1972 Chevelle with black rally stripes. All of the major domestic makes were represented in addition to several imports including a 1960 Porsche, a 1965 Sunbeam and a 1963 German "Amphicar" which is as at home in the water as it is on the highway!

Other eye-poppers included a bright orange 1938 Ford two-door Standard, lovingly dubbed "Ugly 38," and a dark blue, blown 68 Camaro Super Sport. Exhibitors spent the morning admiring one

another's rides, swapping tales of meticulous restoration projects and recounting cruise nights and drag races while awaiting the votes to be tallied. Myatt, unable to attend in person, designated his son Noel as the Plymouth's driver, and Noel had the happy task of receiving the awards on his father's behalf.

Visible throughout the day also, were members of the Vietnam Veterans of America Chapter 500, busily engaged in keeping the show operating seamlessly. This is the first year for the event, and they are hoping to expand it as an annual venue for the classic car community as well as for an organization fund raiser.



The Hosts: Volunteers from the Vietnam Veterans of America Chapter 500 (from left to right) include Sylvester Davidson Jr., Jerry Alexander, Ted Adams (pres), Mary Lou McNeill, Douglass Bennett, Jerry Quint, Bruce Thomas, Marty Snezek, Bill Holt, Bo Caballero and Easy Smith. Kneeling in foreground is Don Harper and Gregory McNeill. Photo credit Lynne Tolman.

Harley's Lucky Day

Arden Playhouse

"Can Things Get Any Worse?" Harley Asks. The Answer is Yes, in Harley's Lucky Day
Harley's Lucky Day by Michael Messmer Directed by Blake Flores



Art (Andy Anthony, right) is warned by Julie (Keri Long) about where he put his hands in the conga line led by Sharon (Vanessa Voetsch) with Harley (Scott Plotkin) and Crazy Maggie (Patty Thiel) following in the Arden Playhouse production of HARLEY'S LUCKY DAY. Photo courtesy of Arden Playhouse. Photographer Michael Messmer.

Harley is a brilliant accountant who has been trying to work out his life on a balance sheet. On the negative side he was fired many years ago because he reported some accounting irregularities. He was a whistle-blower. Turned out hardly anyone wants to hire someone like that. When he couldn't get a job his wife divorced him. Some brilliant accounting software, he designed, was stolen by a company. He's broke. Most of his furniture has been repossessed. He thinks his girlfriend left him. He bought a gun but couldn't afford the bullets. It is one negative after another, on the balance sheet of life.

And then Crazy Maggie breaks in to his house. She just escaped from the state mental hospital where she was being kept because she killed any man who found her attractive. First thing

she asks Harley when she sees him, while pointing a gun at him, is "Do you think I'm attractive?" Can things get any worse?

An attempt by his girlfriend to get his mind off his problems with a little romance flops. A scheme planned by his best friend, Art, goes wildly wrong. And Maggie takes everyone hostage. It looks like things are going from bad to worse.

And yet, this turns out to be a great day as a wild series of events, the wacky wisdom of a crazy woman, the care and concern of a girlfriend and friends all help Harley to stop thinking about himself and his problems long enough to find a little joy in life. And one final, unexpected prize...truly makes this HARLEY'S LUCKY DAY.

8PM Fridays and Saturdays—April 19, 20, 26, 27, May 3, 4, 10, * 17, 18, 24 & 25.

Sunday Matinees 2pm.—April 28, May * 12, & 19. *Note: there are no performances on 5/5 and 5/11.

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

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

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

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

For more information about Harley's Lucky Day or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse.com, arden@ardenplayhouse.com, or check the website ardenplayhouse.com.

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Sacramento Community Center Theater
1301 L Street, Sacramento



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

The Screwtape Letters Returns to Region

SACRAMENTO REGION, CA – (MPG) THE SCREWTAPE LETTERS, the provocative and wickedly funny theatrical adaptation of the C.S. Lewis novel about spiritual warfare from a demon's point of view, will return to Sacramento for two performances only, after selling out in March of 2012. The limited engagement will run at the Sacramento Community Center Theater, 1301 L Street in Sacramento, Saturday, May 4 at 4 p.m. and 8 p.m.

The National Tour of THE SCREWTAPE LETTERS kicked off after a hit nine-month run at the Westside Theatre in New York City. Prior to that, THE SCREWTAPE LETTERS was a sold out hit in Chicago and Washington D. C. where it ran for a combined eight months.

Presented by Fellowship for the Performing Arts, THE SCREWTAPE LETTERS is produced and directed by award-winning actor Max McLean who created the role in New York.

Associated Press calls THE SCREWTAPE LETTERS "Devilishly funny!" "Sly, funny, handsomely produced... the devil is an equal-opportunity entertainer!" says The Washington Post. "This is a show...if you'll pardon the expression—without sin. Lewis plays the English language like a fine tuned instrument!" exclaims DCist.com. The Boston Globe raves that it is "Engrossing and entertaining!" and The Chicago Tribune says THE SCREWTAPE LETTERS is "Very smart...richly rewarding...exuberant theatricality!"

LETTERS creates a topsy-turvy morally inverted universe set in an eerily stylish office in hell, where God is called the "Enemy" and the devil is referred to as "Our Father below." The play follows His Abysmal Sublimity Screwtape, Satan's top psychiatrist (due to his profound understanding of human nature), and his slavish creature-demon Toadpipe, as they train an apprentice demon, Wormwood, on how to ruin the life and damn the soul of an unsuspecting human on earth.

Screwtape is portrayed by award winning actor Brent Harris, who played Scar in the National Tour of The Lion King, Lucifer in Dr. Faustus, Iago in Othello, Salieri in Amadeus, Olivier in Orson's Shadow, Atticus Finch in To Kill a Mockingbird, and the title role in Macbeth. He is regularly seen in many of America's great theatre companies such as American Repertory Theatre, Seattle Rep, Denver Center Theatre, Oregon Shakespeare, and D.C.'s Shakespeare Theatre Company.

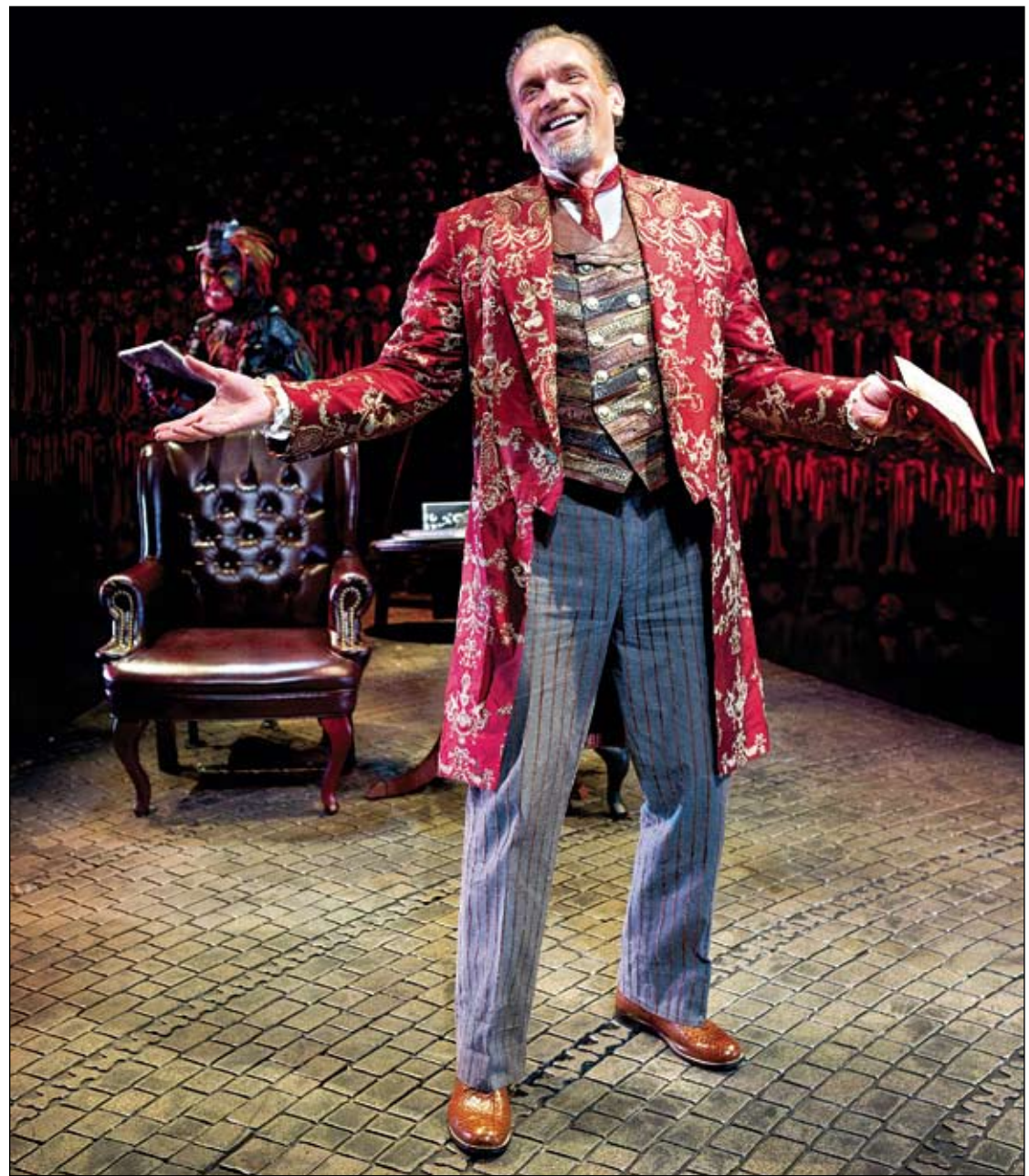
Along with The Chronicles of Narnia (including The Lion, The Witch and The Wardrobe), The Great Divorce and Mere Christianity, THE SCREWTAPE LETTERS is still one of Lewis' most popular and influential works. The book's piercing insight into human nature and the lucid and humorous way Lewis makes his readers squirm in self-recognition made it an immediate success. When first published in 1942 it brought worldwide fame to this little-known Oxford don including the cover of Time Magazine.

The idea for Screwtape first came to Lewis after listening to Hitler's Reichstag Speech on July 19, 1940, while it was simultaneously translated on BBC Radio. Lewis wrote "I don't know if I'm weaker than other people, but it is a positive revelation to me how while the speech lasts it is impossible not to waver just a little... Statements which I know to be untrue all but convince me... if only the man says them unflinchingly."

Lewis dedicated it to his close friend J. R. R. Tolkien who had expressed to Lewis that delving too deeply into the craft of evil would have consequences. Lewis admitted as much when he wrote "Though I had never written anything more easily, I never wrote with less enjoyment... though it was easy to twist one's mind into the diabolical attitude, it was not fun, or not for long. The work into which I had to project myself while I spoke through Screwtape was all dust, grit, thirst, and itch. Every trace of beauty, freshness, and geniality had to be excluded."

THE SCREWTAPE LETTERS is produced by New York City based Fellowship for the Performing Arts. Max McLean serves as the Producing Artistic Director. McLean, along with Jeffrey Fiske, wrote and directed the theatrical adaptation. Executive Producer and General Manager is Ken Denison of Aruba Productions. Scenic Design is by Cameron Anderson, Costumes by Michael Bevins, Lighting Design by Jesse Klug, and Original Music and Sound Design by John Gromada.

The performance schedule for



Brent Harris stars as "Screwtape" in the SCREWTAPE LETTERS. Photo courtesy of Scott Suchman.

THE SCREWTAPE LETTERS is Saturday, May 4 at 4 p.m. and 8 p.m. Tickets are \$39 - \$59. There are a limited number of student seats for \$25 (student ID required). For groups of 10 or

more (including student groups) call 866.476.8707.

To purchase tickets, visit www.ScrewtapeonStage.com, call 916.808.5181 during regular business hours or 800.225.2277

after hours, or visit the Community Center Theater Box Office, 1301 L Street, Monday through Saturday 10am-6pm, and 60 minutes prior to performance start time.

SACRAMENTO FINE ARTS CENTER, INC.

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Current and Upcoming Events



"Awash With Color", WASH Inc., or Watercolor Artists of Sacramento Horizons, presents an annual members' watercolor show.

April 2-20, 2013. Juried by Patricia Osborne.

"Awash With Color" will be a display of members watercolor paintings. Over 100 watercolors are expected to be displayed. Special 2nd Saturday Reception with live music, April 13, 2013, 5:30-8:30 pm.

Best of Show, Diane Tharp, "Chess Match"

Painting Where The Wild Things Are

On Saturday, June 8th, 2013, the American River Natural History Association (ARNHA), will join with The Sacramento Fine Arts Center to present the fourth annual **Painting Where the Wild Things Are**, an art show, auction and gala celebrating interpretations of local nature subjects. This event brings together art patrons, philanthropists, artists and nature-lovers for what has become the most important fundraiser of the year for the Effie Yeaw Nature Center, a non-profit education and visitor center operated as a community service by ARNHA. The artwork accepted for **Painting Where the Wild Things Are** will be on exhibit at the Sacramento Fine Arts Center in Carmichael from May 7 - 25, 2013. 2nd Saturday Reception & Awards May 11th, 5:30-8:30pm (awards at 6:30pm). For information on the Art Show contact David Peterson at aquacolorist@yahoo.com

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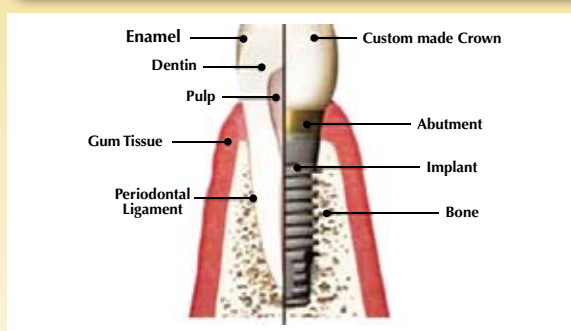
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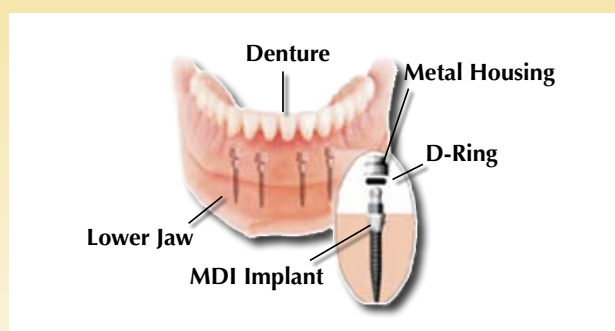
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