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Raises over \$100,000
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Carmichael Times

Volume 34 • Issue 27

Serving Carmichael and Sacramento County since 1981

July 3, 2014

Local Diva Stars in New Broadway Role



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Don't Miss the July 4th Parade Celebration in Carmichael



Children enjoyed all-American treats in the park on July 4th last year.

**Story and photo
by Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - "America-Living the Dream" is the theme of Carmichael's 56th annual 4th of July parade.

Grand Marshal for the 2014 procession is Paul Scholl, Carmichael Elks' 2014 Person of the Year. Scholl publishes the Carmichael Times and other regional newspapers. According to Elks executive Jim Warrick, Scholl personifies the American dream "as an entrepreneur who has built his life on the First Amendment, which includes freedom of the press."

Scholl's parade transport will be a blue 500 horse-power Cadillac, one of only 200 produced to mark the nation's bicentennial in 1976. Cadillac collector, Larry Bunfill, is the vehicle's proud owner. It will lead a 100-unit patriotic pageant.

Carmichael Kiwanis will begin the holiday

celebrations with a celebratory pancake breakfast at 7 a.m. at the Carmichael Park Clubhouse. Anyone may attend.

When the parade marches, a recommended viewing spot is the corner of Fair Oaks Boulevard and Grant Avenue, where park trees provide shade. Heralded by a rifle volley at 10:30 a.m., the pageant is an annual pied piper leading hundreds of observers to an all-day party at its final destination, the Carmichael Elks Lodge. Anyone may attend these celebrations, which include a barbecue, free live music, dancing, swimming and kids' games.

Festivities continue all evening at the La Sierra Community Center. Starting at 7 p.m., music, food trucks and free children's inflatables will set the mood for the annual finale: the fireworks. Pyro-technicians will ignite the \$8,000-plus display at about 9:30 p.m. This event is hosted by Carmichael and Mission Oaks Park Districts.

Personal fireworks and alcohol are prohibited at this event. Children should be carefully supervised, and dogs must be left safely at home.

The Carmichael Elks Lodge is at 5631 Cypress Avenue. The La Sierra Community Center is at 5325 Engle Road. For information, visit www.carmichaelpark.com. ★



Supreme Court Strikes Down ObamaCare HHS Abortion Mandate

From Liberty Counsel,
LC.org

WASHINGTON, DC (MPG) - On June 30th, the United States Supreme Court struck down the ObamaCare HHS contraception and abortion employer mandate. The Court ruled that the federal government may not force religious business owners and corporations to provide abortion-inducing drugs and devices and contraceptives to their employees. "Our responsibility is to enforce RFRA [Religious Freedom Restoration Act] as written, and under the standard RFRA prescribes, the HHS contraceptive mandate is unlawful," the High Court ruled.

"This is a good day for religious freedom. It is a great day for everyone who values life," said Mat Staver, Founder and Chairman of Liberty Counsel.

At issue was the fundamental right to free exercise of religion and intrusive governmental regulation. Employers such as Hobby Lobby, Conestoga Wood, Little Sisters of the Poor, and Liberty University, which operate their businesses in accordance with religious principles that respect the sanctity and dignity of human life, were told by the Obama Administration that they must either abandon their principles and provide free abortion-inducing drugs and devices to their employees or pay exorbitant fines. These fines could be as high as \$15,000 per employee, per day!

In 2010, the Court found that businesses are considered "persons" and entitled to protection under the First Amendment Free Speech Clause. Today the Court ruled that even some for-profit corporations are entitled to the free exercise of religion under the First Amendment.

The Supreme Court found, "For the HHS mandate to be

Continued on Page 2

Ribbon Cutting Launches Carmichael's Only Nonprofit Thrift Store

CARMICHAEL, CA (MPG) - Community leaders and other supporters gathered at an open house this week to inaugurate the "ATLAS Thrift Shop," Carmichael's only nonprofit used goods store.

Volunteers, donors and members of the Carmichael Chamber of Commerce and local churches participated in the two-hour formal opening at the store that has been a fixture on the Fair Oaks Corridor just south of Stanley Avenue for more than two decades. Its new operator, ATLAS of Carmichael ("Attaining Truth, Love and Self-Control"), has provided resource counseling and personal mentoring for needy people in the community for the past two years.

ATLAS purchased the store in May from the previous for-profit operator of the Thrift Shop at 6634 Fair Oaks Boulevard. It was previously under WEAVE (Women Escaping a Violent Environment). Thrift Shop

staff and volunteers are giving the store an ongoing makeover ranging from the fine points of draping manikins to developing the best possible strategies for selecting and displaying donated goods.

Besides low-cost bargains, shoppers have the option of "rounding up" charges by donating their change. Many say they like to patronize the shop to help the community.

Nonprofits often operate thrift stores to generate income and donations that they can direct to their charities. ATLAS directs its income into ATLAS programs and also works with and donates to other organizations.

Currently, some half-dozen ATLAS volunteer mentors, several with professional counseling experience, meet regularly with people who are overcoming addiction, broken relationships, depression, loneliness, bitterness and insecurity. Many of them are

Continued on Page 6



Besides low-cost bargains, shoppers at Atlas Thrift Store have the option of "rounding up" charges by donating their change. Many say they like to patronize the shop to help the community. Staff photo



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CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of the Carmichael Times this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

Please Practice Water Safety

The warm weather is here and the Department of Regional Parks is anticipating an active summer on the American River. To help insure youngsters enjoy the water safely, the American River Parkway

Foundation is again funding loaner life jackets for the 2014 Kids Don't Float Program that are available at 7 sites along the American River Parkway, including Ancil Hoffman Park. This is the fourth year the foundation is providing life jackets.

The Foundation is also providing new signage at the life jacket distribution sites.

Each sign features the message that kids don't float and if they are under age 13 they must wear a life vest per the Sacramento County Ordinance and are invited to borrow a jacket and return it. For more information about the program, please visit regionalparks.saccounty.net.

Targeting Potholes

Sacramento County's Department of Transportation recently conducted its Spring 2014 Pothole Sweep which is an intensified effort to identify and repair potholes -- and is part of continuous efforts to improve preventative maintenance for roadways in the unincorporated area.

Pothole sweeps are performed twice each year: in late spring to

repair potholes cause by inclement winter weather and in the fall to ready road surfaces for the storm season. The most recent effort identified and filled 3,250 potholes in District 3.

There are over 5,400 lane miles of paved roadway in the unincorporated area.

Annually, 970 potholes are reported to Sacramento County. Besides those reports, SACDOT has an on-going program that checks road conditions resulting in 41,000 potholes on average being repaired each year.

If you know about a pothole, there is a simple way to report it by calling one number -- 311. Call center representatives are ready Monday through Friday, 7 am to 6 pm to answer questions, route calls, and manage cases for verification and resolution.

Musical Fun in Carmichael

Enjoy music under the stars by attending free summer night concerts at Carmichael Park, 5750 Grant Avenue, during June continuing into August.

For June there will be a total of six performances starting on Sunday, June 8, with the Speakeazy Jazz Orchestra. Saturday June 14, the headliner will be Departure-- a Journey tribute band featuring songs of that classic rock group.

The next night enjoy big band tunes and swing music on Sunday, June 15, by the Swing Masters. Rounding out the month will be Z.O.O.M. -- Zydeco On Our Mind on Sunday, June 22, featuring Mardi Gras Jazz. And for the last weekend of June get ready for MANIA!, the former Beatles tribute band Because on Saturday, June 28. Then end on Sunday, June 29, with the Lincoln Highway, a 50's-90's Country/Rockabilly band.

All Carmichael concerts start at 6:30 p.m. A list of all the summer bands can be obtained by going online to carmichaelpark.com. ★

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

Supreme Court Strikes Down ObamaCare HHS Abortion Mandate

Continued from page 1

sustained, it must also constitute the least restrictive means of serving that interest, and the mandate plainly fails that test." The justices ruled "protecting the free-exercise rights of corporations like Hobby Lobby, Conestoga, and Mardel protects the religious liberty of the humans who own and control these companies."

In its amicus brief, Liberty Counsel asked the Supreme Court to invalidate the so-called "Preventive Care Mandate," which includes abortion-inducing drugs and devices. "Subjecting employers to such extortion is antithetical to the free exercise protections recognized by the First Amendment. The ObamaCare law seeking to force religious employers to promote genocide is the most outrageous assault on religious liberty and life in the history of America. President Obama and those who supported this genocide should

be ashamed," Staver said.

Liberty Counsel filed the first private lawsuit against ObamaCare four years ago on behalf of Liberty University, the largest private, nonprofit university in the nation; the largest university in Virginia; and the largest Christian university in the world.

Liberty Counsel will continue to litigate against the individual mandate that requires individuals who are part of a pool of insurance that covers abortion to pay a separate monthly fee that is used to fund abortions. The individual abortion mandate was not part of today's ruling.

Liberty Counsel is an international nonprofit, litigation, education, and policy organization dedicated to advancing religious freedom, the sanctity of life, and the family since 1989, by providing pro bono assistance and representation on these and related topics. ★

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56th Annual

Carmichael Elks 4th of July Parade

"AMERICA - LIVING THE DREAM"

- ★ Parade Kick Off: 10:30 A.M. ★
- Parade Route:
- ★ Fair Oaks Blvd from Marconi to the Elks Lodge on Cypress Ave. ☆
- ★ Grand Marshal Paul Scholl, Carmichael Elks Citizen of the Year ☆
- ☆ Fair Oaks Blvd closed to through traffic 10 A.M. to 12:30 P.M. ★
- Use Garfield-California for alternate North/South Traffic



*After the parade, celebrate the 4th with free swimming, children's games, a western BBQ, live music and dancing at the Carmichael Elks, 5631 Cypress Ave., Carmichael.

Phone: 489-2103

Carmichael Times

"Written by the people and for the people"
Serving Carmichael and Sacramento County since 1981



Publisher, Paul V. Scholl

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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Grand Appreciation Local Diva in New Broadway Role



By Paul V. Scholl

Thank you to the wonderful people of Carmichael.

In July of 2006, the Messenger Publishing Group was born with the first issue of the American River Messenger. I purchased the Carmichael Times shortly thereafter and began to transform it into a community newspaper. And the community began to transform me.

Over these years, MPG has been able to support local non-profits, local groups, churches, and events with over \$300,000 in donations. Giving back to the community was always part of the business plan, and it always will be.

Thank you to the Carmichael Elks for choosing me as their Grand Marshal of this year's 4th of July parade and as their

Citizen of the Year. It is a great honor to be recognized as both.

My mother was the Grand Marshal for the 4th of July parade in Fairfield, my hometown, in 2008. She passed away this last year. One thing she had on her "bucket list" was to have a new headstone placed for her father. He passed away when she was eleven. The grave was unmarked in an old cemetery in Vallejo. My grandfather and I share the 4th of July as our birthday, so I made her request a personal duty to complete.

About eight weeks before she passed, I placed the headstone. When I was asked to be the Grand Marshal of this year's parade, it immediately gave me the sense that she had something to do with it. It serves as a spiritual "thank you" from her, a recognition

of my grandfather, and also as a solid reminder from my parents to never forget the duty to serve others.

Thank you to all the people who work hard for me to make MPG a success. Thank you to all of the businesses that advertise with us and have helped the company grow to eight community newspapers. Thank you to the many thousands of readers who pick up our products and support us with their readership.

Thank you to my amazing wife, Gwen. She becomes more amazing every day. And mostly, thank you God for allowing me to have this journey called life and to live this dream knowing You.

Happy Birthday America!

★

CARMICHAEL, CA (MPG) - Very little arm-twisting is needed to get Gail Sutton to Broadway for a show, but this Carmichael mom has a special reason for her upcoming New York journey.

Her famous daughter, singer/actress Teal Wicks, takes a central role in a new show next month. The story of composer Bert Berns, the musical, "Piece of My Heart," continues Broadway's contemporary craze for retro songs. Shang-a-lang darling for the Chiffons, the Isley Brothers, the Drifters, the Enchanters, and the Animals, Bert Berns died before the 60s were over. Though his "Hang on Sloppy," "Here Comes the Night," and "Twist and Shout" were among songs that made legends of singers, his untimely death at 38 years of age sentenced the writer to relative obscurity.

The Carmichael Diva plays Berns' wife Eileen. Having trod the boards in Victorian crinolines, WWI drab and creepy witch attire, Wicks' 1960s wardrobe adds pop fashion to her fashion résumé.

"My character is stylish," she says. "I wear go-go dresses and authentic vintage outfits. Actors come to love their costumes and often joke that a certain garment just might 'go missing' at the end of their run. In this show, my vintage dresses are beautiful — just what I'd love to wear in real life."

The show may be new, but the songs are iconic. Wicks gets to wail Janis Joplin's "Cry Baby" breast-beater. She also sings in the Chiffons' "My Block," and the "Piece of my Heart" title song. After defying gravity for three years in "Wicked," elevated go-go dancing sequences are a new discipline.

Reports her Carmichael mom: "Teal told me the raised go-go



Singer Teal Wicks opens in the new Broadway musical "Piece of My Heart" next month. The show tells the story of 1960s pop composer Bert Berns.

platform was an awfully small space to dance in. I remember dancing back in the 60s, and I was able to assure her: yes, honey, that's exactly how it was."

Crafted by Berns' children, the show opens mid-July at the Signature Theater on 42nd Street. Untested shows present all too familiar risks. For each Broadway smash in Wicks' career, the 31-year-old has graced musicals that opened with fanfare and ended soon after. Her "Pippin" success and three-year leading role in "Wicked" were followed less triumphantly by

"Blue Flower" and "Jekyll and Hyde." Both won critical praise but were destined for short runs.

"When that happens, it's sad for the business," says the Broadway survivor. "So many great shows just lack that big-ticket item to bring the masses. Casts work hard and get disappointed. But as performers, we still approach every new project with dedication and focus. Otherwise you wouldn't do it at all."

"Piece of My Heart" has great music and a really interesting story," considers the star. "We'll just have to see..."

★

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Announcements & Events

4TH OF JULY CELEBRATION

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Parade 10:30am, Fair Oaks Blvd.

Fireworks and Festivities 7pm at La Sierra Community Center

Food Trucks, Music, Free Activities For Kids And More!

Fireworks at Appx. 9:30pm

FREE Summer Concert in the Park

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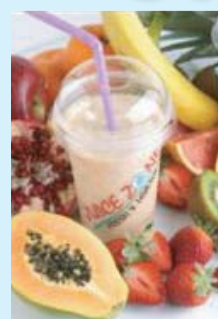
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- July 13 Doubt & Belief, Religion and Spirituality
- July 20 Managing Medications
- July 27 Memory Loss/Dementia Impact on Families
- August 3 Environmental/Housing Issues - Staying at Home
- August 10 Elder Abuse - Financial Issues, etc.
- August 17 Dying Well, Planning Your Funeral
- August 23 Workshop on Wills and Trusts, Saturday, at 10:00



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JULY							AUGUST							
		1	2	3	4	5							1	2
		7:05 FRES	7:05 FRES	7:05 FRES	7:05 RENO	7:05 RENO							7:05 ALB	7:05 LAS
6	7	8	9	10	11	12	3	4	5	6	7	8	9	
RENO	FRES	FRES	FRES	FRES	7:05 RENO	7:05 RENO	5:05 LAS	7:05 LAS	7:05 LAS		RENO	RENO	RENO	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	
RENO	ALL-STAR BREAK		ALB	ALB	ALB		RENO	RENO	7:05 COOL	7:05 COOL	7:05 COOL	7:05 COOL	7:05 COOL	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	
ALB	ELP	ELP	ELP	ELP	TAC	TAC	5:05 OKC	7:05 OKC	7:05 OKC	MEM	MEM	MEM	MEM	
27	28	29	30	31			24	25	26	27	28	29	30	
TAC	TAC	7:05 ALB	12:05 ALB	7:05 ALB			NASH	NASH	NASH	NASH	7:05 RENO	7:05 RENO	7:05 RENO	
							31	1						
							5:05 RENO	1:05 RENO						

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THE RICH LOWRY COLUMN
By Rich Lowry

Frederick Douglass, Self-Made Man

Frederick Douglass gave one of the great July Fourth orations in American history. Speaking in Rochester, N.Y., in 1852, he hailed the accomplishments and ideals of the Founders, before denouncing the nation's departures from the faith of the Declaration of Independence with the righteousness and fury of an Old Testament prophet. Douglass is one of the nation's greatest champions of freedom. The former slave fought for it for himself and for others, and in his speeches and writings left a record of devotion to liberty that will echo through all time.

In his youth as a slave on the Eastern Shore of Maryland, Douglass looked at

the sailboats on the Chesapeake with envy, as he wrote later in his first memoir: "You are freedom's swift-winged angels that fly round the world. I am confined in bands of iron! O that I were free! O, that I were on one of your gallant decks, and under your protecting wing!"

Douglass forged his own freedom through shrewdness and will. When the wife of a household he was serving began innocently to teach him to read, her husband rebuked her: "A n----- should know nothing but to obey his master — to do as he is told to do. Learning would spoil the best n----- in the world. Now, if you teach that n----- how to read, there would be no keeping him. It would forever unfit him to be a slave."

That was all Douglass needed to know. "From that moment, I understood the pathway from slavery to freedom," he said. "I set out with high hope, and a fixed purpose, at whatever cost of trouble, to learn how to read." He traded his bread to white boys in exchange for their reading lessons, and devoured the collection of classic speeches, The Columbian Orator. Its writings in opposition to all oppression "gave tongue to interesting thoughts of my own soul."

In a turning point, he fought back against a slave breaker who sought to

beat him. "You have seen how a man was made a slave," he writes of this act of self-assertion, "you shall see how a slave was made a man." All that was left was to make his escape.

In the North, he became a fierce abolitionist and an evangelist for work and self-improvement. In his most popular lecture, titled "Self-Made Men," he declared, "We may explain success mainly by one word and that word is WORK! WORK!! WORK!!! WORK!!!! Not transient and fitful effort, but patient, enduring, honest, unremitting, and indefatigable work, into which the whole heart is put."

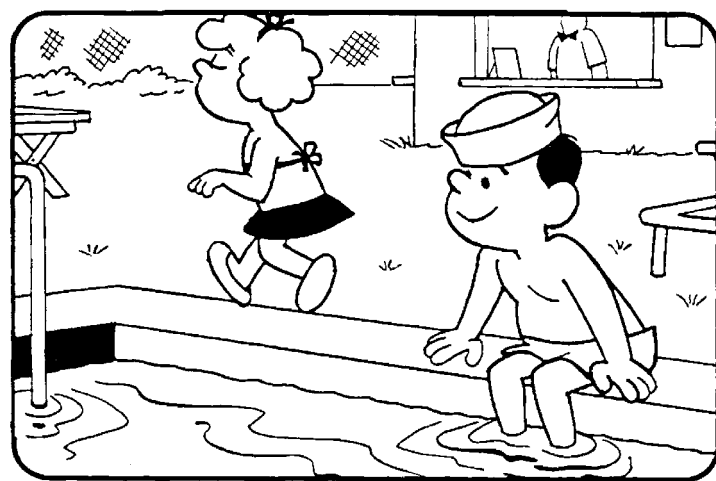
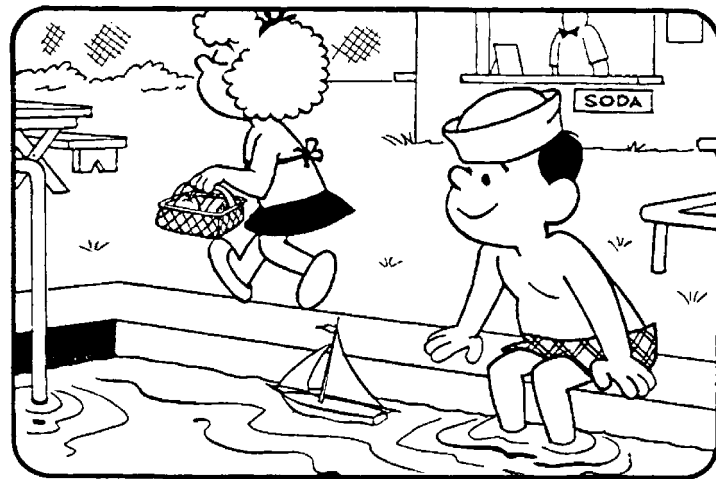
In his legendary July Fourth oration, he said this holiday "is yours, not mine," and lashed the country for the national sin of slavery. But he honored the country's founding, in words that will always be true. "The 4th of July is the first great fact in your nation's history — the very ringbolt in the chain of your yet undeveloped destiny," he declared. "Cling to this day — cling to it, and to its principles, with the grasp of a storm-tossed mariner to a spar at midnight."

Rich Lowry is editor of the National Review.

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HOCUS-FOCUS

BY HENRY BOLTINOFF



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Stanford Youth Solutions Raises over \$100,000 at Annual Wine Auction

SACRAMENTO, CA (MPG) - Stanford Youth Solutions, formerly Stanford Home for Children, raised more than \$100,000 at their 9th annual signature event, Vintage 2014, A Magical Night in the Emerald City on May 1, 2014 at the North Ridge Country Club. Thanks to the support and generous contributions of numerous event sponsors and in-kind donors, nearly 2,400 young people and family members who utilize Stanford Youth Solutions' programs and services throughout the year will be equipped to inspire sustainable change and be empowered to solve serious challenges together.

Proceeds from the event directly support Stanford Youth Solutions' innovative, proven national models of care and otherwise unfunded programs like Lifeline, which funds critical needs for the youth and families served by the agency.



Stanford Youth Solutions CEO Laura Heintz, Family Honoree Jameelah Aleen and daughter Nyima Allen and guest.

year to support Stanford Youth Solutions and we cannot thank them enough for partnering with us to reconnect challenged youth with a safe permanent family."

Event guests enjoyed the "A Magical Night in the Emerald City" theme, and had an opportunity to meander along a yellow brick road, sample tasty farm-to-fork treats at Auntie Em's Farm, listen to live music and participate in a live auction hosted by the Great and Powerful Oz. The highlight of the evening was the inspirational testimonial of a young lady whose life was transformed by Stanford Youth Solutions and recently was chosen as Class President at her school.

When youth are reconnected with family, they leave the child welfare system and grow up with a lifetime of love and support. Serving at-risk youth between the ages of 0-24 year, Stanford Youth Solutions offers a variety of community based programs, including intensive one-on-one therapeutic behavioral services, family-centered wraparound services, a juvenile justice crime prevention program, and a family partnerships program.

For more than a year, Stanford Youth Solutions has worked with the Annie E. Casey Foundation on a national effort to transform

the child welfare system. The agency was selected as one of four to participate in this critical effort. This important and transformational work would not be possible without the generous support of our Vintage event and in-kind sponsors including:

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Karen Woodruff from Wells Fargo, Mac Clemmons from Digital Deployment and guest.

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Stanford Youth Solutions' mission is to inspire sustainable change for young people and their families and empower them to solve serious challenges together. Founded in 1900, Stanford Youth Solutions helps nearly 2,400 children and families annually within Sacramento County. The staff is determined to give each and every young person a chance at a healthy, productive, self-sufficient life, and to ensure that youth become stable and capable through their research-based and individualized approach to care. Learn more about Stanford Youth Solutions at www.YouthSolutions.org.

Source: Stanford Youth Solutions

Ribbon Cutting Launches Carmichael's Only Nonprofit Thrift Store

Continued from Page 1

unemployed. Some are homeless and trying to get off the streets.

Initially, ATLAS assesses the issues of people who seek help. Many find about ATLAS from flyers, business cards, local churches, or by word of mouth. The nonprofit directs some inquirers to community resources for overcoming and responding to drug and alcohol addictions, domestic violence, joblessness and other challenges.

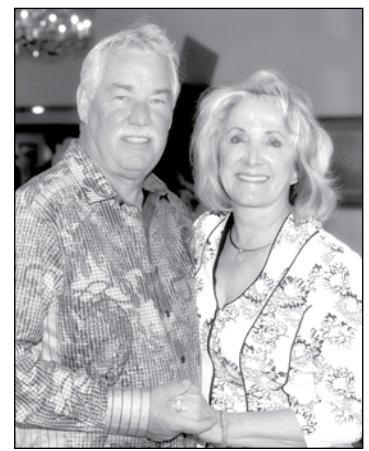
ATLAS workers find that participants often benefit most from regular, discrete face-to-face meetings with trained mentors who listen to their stories and encourage them to take steps toward achieving their short and long-term goals. It's a process they call mentoring. ATLAS and its four-member board also seek the nonprofit's own sustainability through store sales and donations.

"The store's location in the heart of Carmichael gives us a physical presence in the community," said Scott Young, ATLAS director. "We're already getting a lot of generous support from residents who

are contributing quality used goods and services. Several people have brought in valuable antiques. This month, an 86-year-old widow donated a truck that we really needed. Another supporter donated window cleaning. A serviceman offered to repair and maintain our air conditioning units, and others donated legal and financial help.

"We've also been able to donate on our own. When we have clothing we can't sell, we are able to pass these items on to local schools for use in emergency situations and to organizations that ship to third world countries. We also donate a variety of goods to the Salvation Army. Eventually, we hope to help needy people develop work skills in the store and even provide jobs. Our store manager, an ATLAS participant, has seen the difference ATLAS made in her life. She came to work for us because of her desire to help others. We believe ATLAS has a role to play in making Carmichael a stronger community by offering a hand up, not a hand out."

Source: ATLAS Thrift Shop



Long-time supporters and donors of Stanford Youth Solutions, Willie and Challis Brennan.

"Vintage is our only annual event fundraiser and its success is dependent upon the generous contributions from our event sponsors, donors, wineries, breweries and restaurants. Their support and partnership is vital and greatly appreciated," said Laura Heintz, Psy.D., Chief Executive Officer of Stanford Youth Solutions. "We are honored that so many of our sponsors and donors return year after

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Monthly Meeting Schedule

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Thurs, July 17 **Wed, Sept. 17**

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(916)732-2020 or lisaw@eastlawn.com

www.EastLawn.com

Julie Interrante, MA, teaches the Art of Compassion to colleges, healthcare organizations, corporations, and seminars across the country. Julie has more than 20 years of experience serving as chaplain in both acute care and home hospice care settings. She is the author of the book *The Power of a Broken-Open Heart, Life-Affirming Wisdom from the Dying; Caregiver Therapy; Reduce Your Stress; Will You Stay With Me, a CareNote on Not Dying Alone* as well as a contributing author to *What Helps the Most When You Lose Someone You Love*. A gifted speaker and teacher, Julie brings humor, compassion, and a deep respect for life to all that she does.

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THE SACRAMENTO BEE
FOOD REVIEW
FEB 2013

Bev's Angel Project Needs a New Home

Bev's Angel Project is reaching out to anyone who may have a space they are able to donate and make a commitment to the project.

They are in need of at least 5,000 square feet of donated space located in the Carmichael/Citrus Heights/Arden Arcade area. They will pay their own utilities and liability insurance. It is critical for them to have this space September through January in order to serve the children and families they touch during the holiday season. For many children, this is their only Christmas.

Bev's Angel Project is an all-volunteer California non-profit corporation that serves over 3,000 children/families each December.

"Serving the less fortunate and challenged children of Sacramento".

Please contact Jan at (916) 342-4689 or Judee at (916) 798-6311, or email toprcdrv1@comcast.net if you have any information or can help. You may also make monetary donations to: Bev's Angel Project, P.O. Box 204, Carmichael, CA 95609.

Climate Wizard Cooling System to be Tested



The Climate Wizard indirect evaporative cooling system helps Tri Tool, a large industrial facility in Rancho Cordova, keep cooling costs down. Climate Wizard is a type of "swamp cooler" that is very high performance, using 80 percent less energy than conventional industrial HVAC systems without adding any humidity.

SACRAMENTO REGION, CA (MPG) - One thing is certain in Sacramento during the summer, the weather will be hot and dry and temperatures will hit triple digits. It is certainly a challenge to stay cool. The Sacramento Municipal Utility District (SMUD) is testing a new type of heating, ventilation and air conditioning (HVAC) technology that borrows from and builds on some tried and true techniques to deliver improved cooling performance.

The technology uses indirect evaporative cooling, yes, a kind of "swamp cooler" but very high performance using 80 percent less energy than conventional industrial HVAC systems without adding any humidity. It's called Climate Wizard and one of SMUD's largest industrial customers, Tri Tool in Rancho Cordova, is supporting SMUD's research and development to test it in this challenging manufacturing environment.

For industrial customers, maintaining comfortable building temperatures is exponentially difficult. Large square footage combined with the heat produced by manufacturing equipment challenges conventional compressor-based cooling. The amount of air space to cool as the

temperature rises in the hot afternoons and internal heat gains make conventional air conditioning systems work harder and harder because their efficiencies decline as temperatures rise just when cooling is most needed. This drives up energy costs and impacts companies' bottom lines.

The installation of Climate Wizard at Tri Tool is the first project test of this 60-ton, 24,000 cubic feet per minute indirect evaporative system in the United States. The Climate Wizard system has been designed to provide supplemental cooling in the plant production area. It supplements the 90-ton HVAC unit that was ill-equipped to handle the entire cooling function for the facility. As a result of the project, the facility has realized many new benefits that include providing fresh cool air that has significantly improved air quality, an expected overall energy reduction, and delivery of the necessary cooling required without any additional moisture in the building. The project has shown considerable success and post-monitoring data for the project is expected to validate the benefits through this summer.

While Tri Tool is looking forward to testing this large unit and seeing dramatically lower energy

costs and cleaner air, there is tremendous potential community benefit as well in reduced peak demand during hot summer afternoons when SMUD's resources are challenged by a sharp rise in systemwide air conditioning use.

Peak demand also challenges grid stability. For decades, SMUD has worked closely with the community to flatten that demand curve on hot days in an effort to keep power reliable and rates stable. If the technology passes real-world testing, larger-space industrial customers would have an option to upgrade to a technology that would save them money, enhance their bottom line and deliver significant community benefit in reduced energy use when it counts most, hot summer afternoons.

Prior to the Climate Wizard project, Tri Tool and SMUD partnered on five research and development projects that included improvements in lighting efficiency and quality. From warehouse and manufacturing to offices and the parking lot, each of the six projects provided solutions for Tri Tool and is cumulatively delivering monthly energy savings of about 40 percent. ★

Source: SMUD

DR. COY F. CROSS

Author Coy Cross II, Ph.D.
"The Dhance" A Caregiver's Search for Meaning

You Are Not Alone

STRENGTH IN UNITY



You have inside you what it takes to become a caregiver! Spirituality is part of everything and essential as you move forward in your new role. Know that you are not alone, God is there for you!

Just the word "cancer" creates a profound psychological impact. Often we equate a cancer diagnosis with a death sentence. And it is a diagnosis that many will hear in our lives, either for ourselves or someone we love. "Not knowing [my wife] Carol's diagnosis a neighbor casually asks how I've been. I answer, 'I feel like I have been kicked in the testicles so hard I can hardly catch my breath.'

At his shocked expression I explain what's happening." When we become the caregiver for a spouse or life-partner with a life-threatening illness, we can feel alone and question our ability

to cope with this challenge.

A source of strength for me is the realization that I am not alone. In her Sunday lessons, my dear friend and mentor the Reverend Carol Ruth Knox included teachings from "all the world's religions, because she knew God spoke in every language and to all people....she helped me see a God always present in the entire universe, a God as the only power and a God that knows everything."

This assurance that we are not alone provides strength to both the caregiver and the person affected by the illness. The night before my wife's surgery, she announced, "Tomorrow when I go to the hospital, I am going to tell everyone I come in contact with, 'All the hands that touch me are the hands of God'." The following day, as she shared this simple phrase with everyone from the clerk who checked her

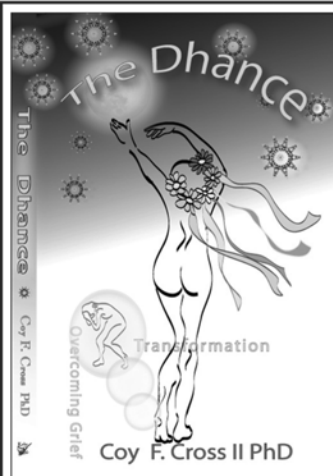
in to the surgical nurse who rolled her into the operating room, I could see a Divine connection between her and the medical professions who would be tending her.

We all face challenges in our lives. But the realization that we are not confronting them alone provides support we may have overlooked. As my friend Carol Ruth said many times, "And God is in this, too."

Share with us each month here and visit Facebook to learn more at *The Dhance*. See author Cross as he discusses discoveries, lessons and shares insights on YouTube.

You also can learn to cope in *delving into the mind, life and acceptance of life and death that is the heart of Coy Cross's experience related for all to learn from in "The Dhance"* (Available from KohoPono Press, ISBN 978-0-9845424-2-0, visit kohopono.com or call 503-723-7392).

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Gold River SELF STORAGE

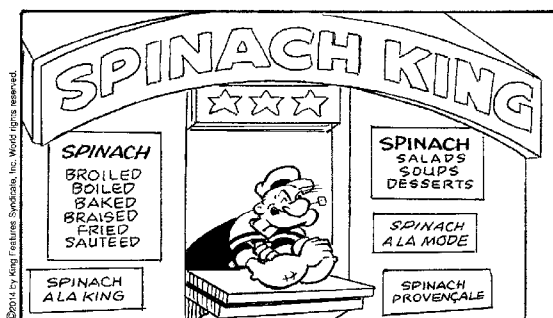
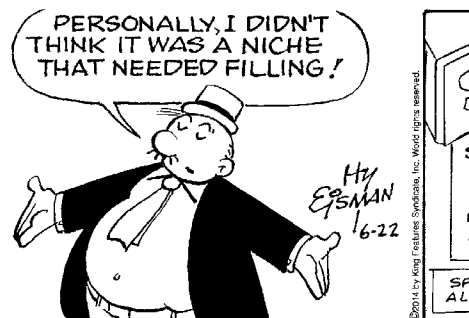
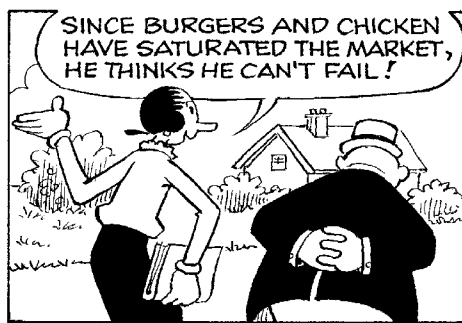
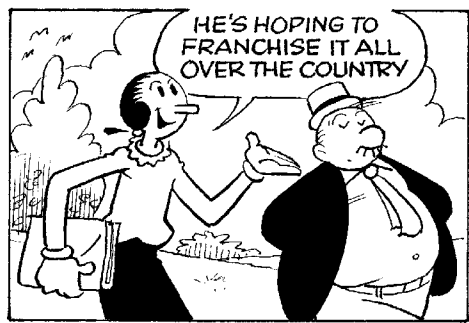
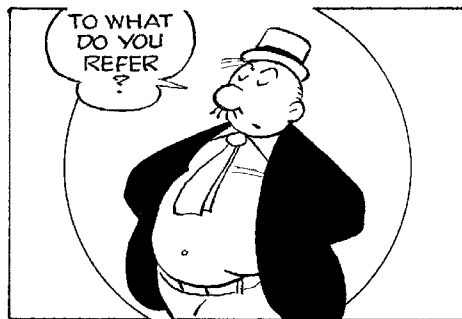
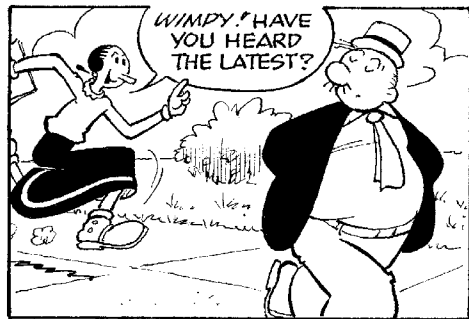
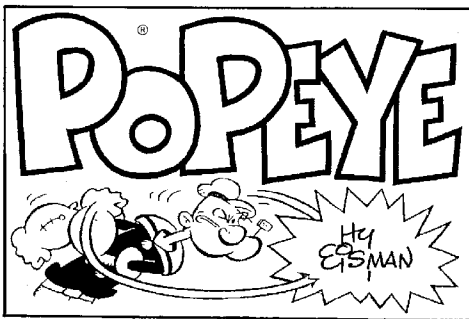
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Just Like Cats & Dogs by Dave T. Phipps

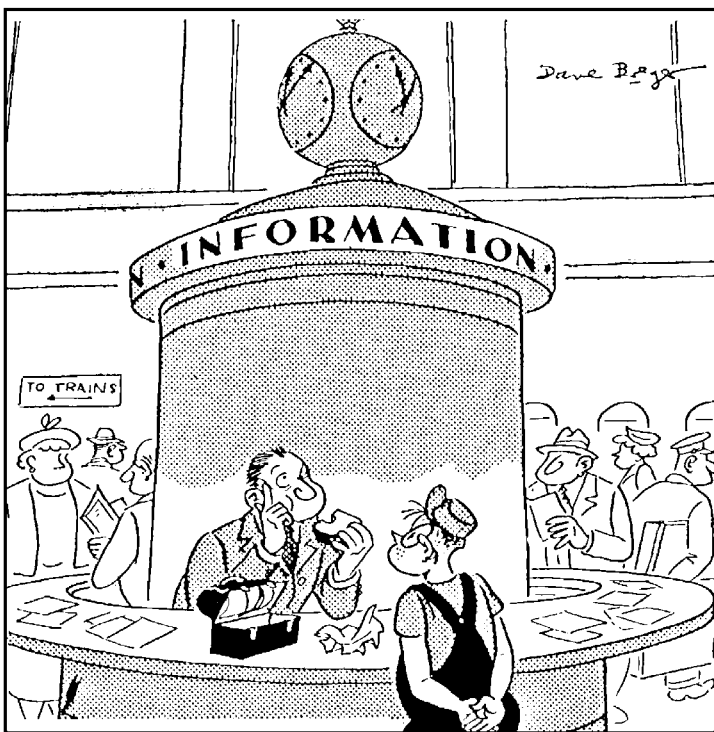


HUBERT - - By Dick Wingert



"Momma sent me over to play while she takes a nap."

MISTER BREGER By Dave Breger



"Hmm...I'd say it was chicken salad..."

LAFF - A - DAY



"I don't want to scare you. But Pop says if I don't get better report cards, someone is going to get a good spanking!"

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Senior Minister/CEO

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inner views NCA Annual Membership Show



June 24 - July 12, 2014

Club Meetings

Wash Inc. No Summer Meeting
Next Meeting September 8, 2014 1:30 pm
NCA No Summer Meeting
Next Meeting September 10, 2014 7 pm
Photo Club Meets • 4th Thursday 7 PM
Fiber Arts Group Meets 3rd Wednesday 10 am
"Hang Out and Do Art" Tuesdays 4-9 pm

Exhibition Schedule

July 29-Aug 16, 2014 Magnum Opus XXV Open Exhibit
August 19-30, 2014 Sierra Pastel Society Show

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www.sacfinearts.org

Salome's Stars

ARIES (March 21 to April 19) Don't be surprised if, in spite of your well-made plans, something goes awry. But don't worry. Your knowledge of the facts plus your Arian charm will help you work it out.

TAURUS (April 20 to May 20) A personal relationship seems to be demanding more than you feel you're able to give. Best advice: Confront the issue. You could find the situation surprisingly easy to work through.

GEMINI (May 21 to June 20) Resist being pressured into meeting your self-imposed deadline. This is important if you really feel that taking more time to finish a project could save time in the long run.

CANCER (June 21 to July 22) A vacation choice seems less interesting than when you first made it. Could it be a matter of the place or the people going with you? Find out before you consider a change of plans.

Got Local News? Call 773-1111

LEO (July 23 to August 22) Someone might be overriding your Leonine logic to get you to agree to "favors" you would normally avoid. Take a new look at what you've been asked to do and see if you've been misled.

VIRGO (August 23 to September 22) Try to keep that emerging "judgmental" aspect in check this week. Too many critiques on relatively unimportant issues could create a lot of negative bounce-back reactions.

LIBRA (September 23 to October 22) Facing unpleasant facts about an associate isn't easy. But ignoring them isn't wise. Ask a trusted (and neutral) friend to help guide you on what to do and how you might do it.

SCORPIO (October 23 to November 21) A shift in opinion regarding a workplace situation could go a long way in vindicating the stand you've taken. But be aware that a satisfactory resolution could still be a long way off.

SAGITTARIUS (November 22 to December 21) It's not like you to choose the easy way rather than the right way to do things. So, follow your instincts and feel assured they will lead you to the right decision. Good luck.

CAPRICORN (December 22 to January 19) Hold off on making a personal commitment until you find out what it really entails and whose interests are actually involved. There could be hidden facts you need to know.

AQUARIUS (January 20 to February 18) A new friend offers an unexpected opportunity that could lead to a career change. Check it out carefully and consider getting an assessment from someone familiar with this field.

PISCES (February 19 to March 20) A surprising discovery leads to mixed reactions from those involved in the "revelation." But as you come to appreciate the truth, you'll be able to also come to terms with your feelings.

BORN THIS WEEK: *Your love of travel helps you appreciate the wonders of the world. You would find a satisfying career in any travel-related industry.*

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Thought for the Day: "The power of accurate observation is frequently called cynicism by those who don't have it." — George Bernard Shaw

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COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of July 7, 2014.

PICKS OF THE WEEK



Jim Broadbent, Lindsay Duncan in "Le Week-End"

"Le Week-End" (R) — Is there anything a jaunt to Paris can't fix? How about the mold on a resentful marriage that's been growing for almost 30 years? Nick (Jim Broadbent) and Meg (Lindsay Duncan) are a sweet older English couple revisiting Paris, the site of their honeymoon years ago. They have quiet moments, tender moments, and a lot of bickering in some very nice restaurants.

The film is not the cutest or most lighthearted look at long-term marriage, but you end up connecting to the folks on screen. Broadbent and Duncan have the chemistry that makes you believe there really is 30 years of emotional clutter between them. Jeff Goldblum steals the show as the comic relief with multiple dimensions.

"Bad Words" (R) — An unrelenting jerk forces his way into a spelling bee circuit, inflicting his crudeness on innocent children and their families. Guy Trillby (Jason Bateman — also the director) is unabashedly profane, sexist, racist, mean and also kind of funny. Thanks to a loophole, he's entered in a spelling bee where he competes grade-school children while an

oddball journalist (Katherine Hahn) looks on in wonder. A boy becomes fascinated by the miscreant, whose barbarism doesn't bother him.

This is Jason Bateman's first time directing, and he's given himself quite a role. Bateman has the whole nice-guy charm about him, but here he really embraces the Inner Jackass. If you can't handle a character whose primary behavior is cursing in front of children, then you can skip this one.

"Maidentrip" (NR) — At age 14, Laura Dekker set out to be the youngest person to sail around the world alone. She documented the trip with a handheld camera, which supplies much of the footage for this feature-length documentary about her trip and growing up at sea. The film largely focuses on the trip itself, the growth that Laura went through, and the independence and introspection that it built. The documentary also spends some time with the struggles that started before she even shoved off — the family issues that led her to take on such a trip, and how Dutch authorities were not keen to let a teenager go into the open ocean alone.

"The Raid 2" (R) — In 2012, "The Raid: Redemption" delivered a flying elbow smash to the martial-arts genre. A Jakarta cop took on a high-rise building full of vicious goons in an all-out brawl for survival. This sequel follows our same hero (Iko Uwais, Indonesia's rising star of beat'em ups) as he goes undercover with a brutal crime ring. The movie has more plot points than its predecessor, but doesn't cut back on the expertly executed violence.

TV RELEASES

"The Big Valley: Season 3"
"Prisoners of War: Season 1"
"PBS D-Day 360"
"Doctor Who: Series Three -- Part Two"
"Workaholics: Season 4"

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FRIDAY



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Strange BUT TRUE

By Samantha Weaver

• It was Martin Luther King Jr. who made the following sage observation: "In the end, we will remember not the words of our enemies, but the silence of our friends."

• If you head up to the top floor of the U.S. Supreme Court building, you'll find a basketball court. It's known, of course, as "the highest court in the land."

• During the filming of the classic film "The Wizard of Oz," the dog that played Toto was paid \$125 per week. In contrast, the actors who played the munchkins were paid \$100 per week — and their manager, Leo Singer, kept half of that.

• Those who study such things say that goats have accents.

• In Germany in the 1500s, a court physician by the name of Oswaldt Gabelthouer wrote a medical book full of remedies that he guaranteed would be effective. For insanity, the patient must cut his or her hair close to the head, then tie two halves of a ram's liver to the head. A severe case of epilepsy, he claimed, could be cured if the patient wore the right eye of a wolf and the left eye of a she-wolf on a thong about the neck for three months; also, the patient had to forgo bathing during that time. There's no mention in the record at hand of how a patient would go about redeeming the guarantee.

• If you're suffering from xanthodontia, don't worry; a dentist can help whiten those yellow teeth.

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The Garden Bug

Evaluate whether the plantings on your property are in good **balance** with all the structures and surrounding features. Prune back where it's needed. Keep windows and doorways clear; accent your walkways and doors.

BEFORE

AFTER

- Brenda Weaver

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CROSSWORD											
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	2			3						6	
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8				7				1			
	5	8			2	1					
			7			8	3				

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For Solutions See Page 11

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Rones is the son of Marie and Rey Rones of Folsom, California.

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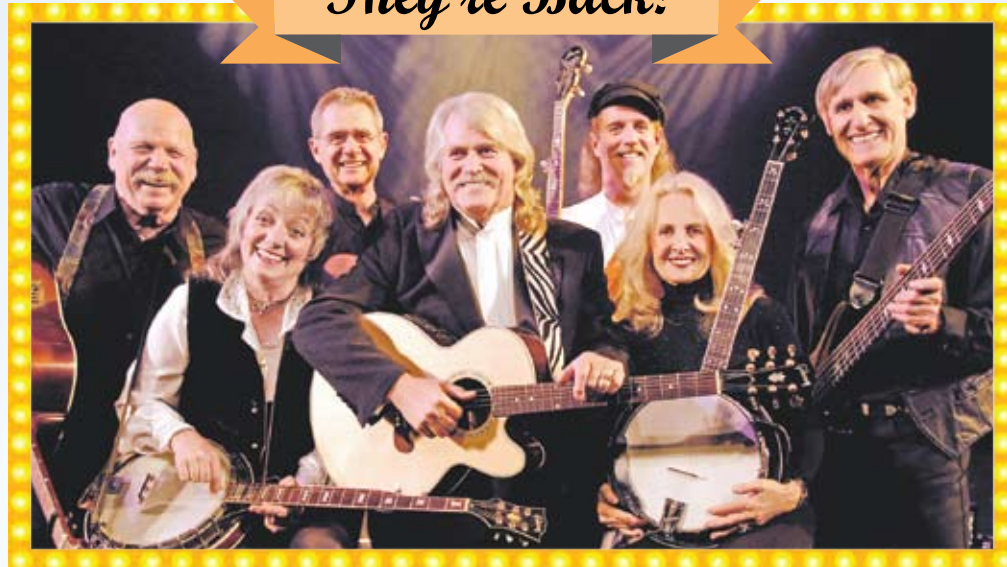
The play premiered in Los Angeles to rave reviews. The Los Angeles Times call "The Brain From Planet X", "Wildly funny... wittily staged, sharply cast and graced with some catchy numbers." The Beverly Hills Outlook called "The Brain, "Fun theatre! Silly, spoofy, and goofy!"

For Further Information:
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