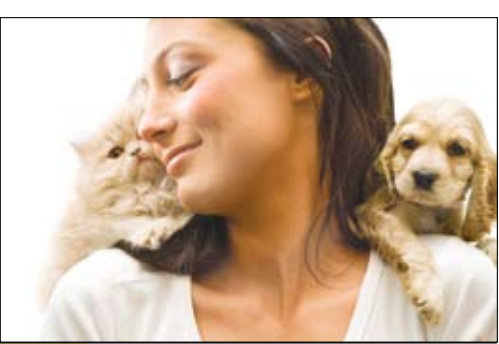




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Carmichael Times

Volume 34 • Issue 15

Serving Carmichael and Sacramento County since 1981

April 17, 2014

River Cats Pounce



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50 Foster Youth Attend United Way's Day at the Capitol



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Challenges and Opportunities in Retirement



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Clean Sweep for Creeks



Above: California Fish and Wildlife Department spokes-bear Warden Grizzly congratulates junior Creek Week volunteers.

Right: Take that, drip! Hose nozzles were among giveaways for volunteers. Sacramento Suburban Water District's mascot Mister Leaky was a prime target.

Story and Photos
By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A party celebrating creeks last weekend caused a big splash in Carmichael Park.

Over 1500 volunteers snagged tee shirts and scarfed down snacks. Exhibits by many sponsoring non-profits and agencies were added attractions. The clean-up army included members of about 50 youth and neighborhood organizations.

Many area streams benefitted from their work. Creek Week is a 24-year-old spring project designed to rejuvenate waterways that drain and nourish Sacramento County.

For Saturday's workathon, volunteers scoured 70 creek locations from the Delta to Folsom and from Galt to Antelope. Garbage was hauled away and invasive plants were removed to make room for beneficial native species. Though this year's results are still being tabulated, the 2013 haul netted 20 tons of stuff that did not belong in healthy streams.

Sacramento Area Creeks Council President Alta Tura predicted a lower 2014 trash-count: "Because of the winter drought, less garbage was washed down the creeks," she ventured. "Nevertheless, they always need cleaning. Our volunteers did a stellar job."

Part of the volunteers' reward was 1500 hot

dogs which were dished up by Carmichael Chamber of Commerce volunteers.

"The Carmichael party celebrates everyone's hard work," said Tura. "It also gives people a chance learn about nature, how to be better stewards of our environment in their everyday lives." ★

Learn more about the annual creek cleanup at www.creekweek.net.



Join the Fun! Annual Easter Egg Hunt and Pancake Breakfast

CARMICHAEL, CA (MPG) - The Carmichael Recreation and Park District is holding their annual Easter Egg Hunt and Pancake Breakfast.

The event is scheduled for Saturday, April 19th at the Carmichael Park Clubhouse, located at 5750 Grant Avenue in Carmichael.

The entire family can hop on over for a HUGE egg hunt, a great tasting pancake breakfast, lots of entertainment, exhibits and a large array of arts and crafts.

The egg hunt will be held rain or shine at 10 a.m. sharp. Don't be late! Everyone must bring their own egg hunt basket or bag for picking up your Easter eggs.

The Recreation and Park District asks everyone to please arrive at least 30 minutes early so you don't miss this EGG-CELLENT event!

Egg hunting groups are divided by age: 2 & under, 3-4 years, 5-6 years, and 7-8 years of age and will be located at different areas throughout the park. All

age groups depart on their hunts at the same time.

The pancake breakfast will be held from 7-11 a.m. The cost per person is Adults \$5 children ages 12 and under only \$3.

The pancake breakfast is co-sponsored by the Kiwanis Club of Carmichael. ★

Proposed Fire Assessment Put on Hold

SACRAMENTO REGION, CA (MPG) - The Fire Chief of the Sacramento Metropolitan Fire District (Metro Fire) announced today he will not ask Metro Fire's Board of Directors to proceed with the balloting process for a fire suppression benefit assessment. For this reason, Metro Fire's Board of Directors will not meet on April 16, as scheduled, to vote on the question of whether to commence with the vote-by-mail proceeding.

"After conducting extensive outreach, including two public hearings on the assessment proposal, we believe the most prudent course of action is to not pursue this fire assessment at this time," said Fire

Chief Kurt Henke. "Although there is widespread recognition we cannot restore service levels without additional revenue, I want to spend more time consulting with my Board members and key stakeholders to evaluate our options before asking my Board to commence a balloting process."

On April 3, Metro Fire held a public workshop on the proposed assessment. During the workshop, staff presented information about the district's labor cost reforms, fire suppression service levels and the district's long-term fiscal challenges, as well as the proposed spending plan to restore fire suppression services and the proposed fire assessment. The Board then

heard from approximately one dozen people who either voiced their opinions or asked questions of staff. The Board was informed that the Sacramento Association of Realtors had voted to support the assessment and the Sacramento Taxpayers League would be opposing it.

Last week, the Howard Jarvis Taxpayers Association (HJTA) also expressed its opinion in a letter to Metro Fire's Board of Directors that no fire assessment, however it might be engineered, is permissible under Proposition 218. HJTA argues that Metro Fire should instead pursue a special tax, requiring a two-thirds majority vote among registered voters in the district,

regardless of whether they own property or would pay the tax.

"While our legal counsel disagrees with their position," said Henke, "we have to consider the impact protracted litigation would have on Metro Fire's ability to deploy these funds if property owners were to approve an assessment."

Added Board President Randy Orzalli, "As we pursue how best to manage our staffing and equipment needs with limited resources, Metro Fire's Board will continue to place the highest priority on protecting the public and ensuring the health and safety of our field personnel." ★

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WE SUPPORT OUR MILITARY



By Pastor Rich Reimer

"All the people in the synagogue were furious when they heard this. They got up, drove him (Jesus) out of the town, and took him to the brow of the hill...in order to throw him down the cliff. But he walked right through the crowd and went on his way." Luke 4:28-30

This is the first threat to Jesus' life recorded in the Gospels. We know that eventually it was carried out on another hill by lifting Jesus up on a cruel Roman cross. What did Jesus say that got religious people so angry that they wanted to kill him? It's hard for me to even imagine what that kind of anger feels like on either the giving or the receiving end!

Just prior to this rage event Jesus had been reading Holy Scripture on the Sabbath in his home town Synagogue.

The people listening to him

What Easter Means to Me

had watched him grow up. How strange that they would turn so violent after a few words spoken in response to the prophet Isaiah. Jesus had just read from Isaiah 61 where it speaks of a future day when God would send his anointed one to make things right for Israel.

That new era would be characterized by God dealing decisively with all that troubled and crippled humanity. The poor would hear good news, the prisoners would be set free, the infirmed would recover, and those abused and oppressed would be released. It would be an era when God would forgive all manner of debt and liberate all enslaved. Jesus declared that the centuries of waiting for God to take charge and make things right for Israel was over.

"Today, this scripture is fulfilled in your hearing." Jesus says. He was the man and this was his message, but only part Jesus goes on to tell this home grown congregation that God's plan for release, forgiveness and healing was bigger than Israel. God's plan was to benefit anyone and everyone! It was that idea that turned their respectful gathering into an angry mob. There was no way that they would tolerate such inclusive thinking. So

they drove him out and planned to throw him off a nearby cliff.

Sure enough Jesus stayed with that good news, that God's plan was to make things right for everyone, and he eventually was killed for it.

But then something happened that proved that what Jesus had been saying all along met with God's approval.

God raised Jesus from the dead! The resurrection of Jesus on Easter Sunday validates everything Jesus said and did when he lived on this earth. Easter vindicates Jesus and his message. In Jesus, God had begun to make things right not just for Israel, but for anyone and everyone. This is what Easter means to me. Anyone troubled and crippled by oppressive forces can be set free, can be forgiven, and can get a fresh start by embracing Jesus.

Please check us out online at www.arconline.org and view messages on YouTube.com/ARCCOnline. ★

Reverend Richard Reimer,
Lead Pastor
American River
Community Church
3300 Walnut Ave., Carmichael
www.arconline.org

Northminster Presbyterian Church Welcomes New Pastor

SACRAMENTO REGION, CA (MPG)

Northminster Presbyterian Church is pleased to announce the selection of the Reverend Jack McNary as its new pastor.

Rev. McNary has been serving as Northminster's Interim Pastor. He is an ordained Presbyterian Minister who has served churches in Oregon and California and is well known throughout the Sacramento area. Some of the congregations he has served locally include: Associate Pastor, Fremont Presbyterian Church; Interim Associate Pastor, Carmichael Presbyterian Church; and Temporary Supply Pastor, River Valley Church.

Pastor Jack has focused on building a faith community which, through its program and people, reaches and teaches Christians and non-Christians about discipleship and growth. He has emphasized the need for biblically relevant, engaging education for all ages. He believes the strength of any children's and youth program is to build maturing adult disciples in Christ. He also believes strongly in focusing beyond ourselves in local and international mission,



Reverend Jack McNary has been selected as the new Pastor at Northminster Presbyterian Church.

enabling us to become worldwide Christians. He has traveled to over 30 countries, witnessing firsthand the power of the Gospel at work.

Members have been impressed by Rev. McNary's ability to effectively preach and teach, the leadership he has displayed at Northminster, his compassionate and friendly personality, and his sense of humor. Larry Mustain, Chairman

of Northminster's Nominating Committee, states "Out of all the 91 candidates who applied, he was the one who fulfilled all the elements of Northminster's Ministry Information Form (MIF) and what we were looking for in a pastor. We are truly delighted to have him as our pastor." ★

Source: Northminster Presbyterian Church

50 Foster Youth Attend Philanthropy Day

SACRAMENTO, CA (MPG) - Assemblymember Ken Cooley spoke to local foster youth on March 26th at United Way's 2nd Annual Women in Philanthropy Day at the Capitol. 50 local foster youth involved in United Way's SenSe-Ability project descended on the Capitol for a behind-the-scenes tour and then headed to the California Museum for a chance to speak in small roundtables with seven government leaders. Day at the Capitol was created to expose foster youth to careers in government and inspire them to reach for their goals as they also learn how to financially prepare for independence.

Participating government leaders included Deputy Secretary Stuart Drown of the Government Operations Agency, Assemblymembers Ken Cooley and Roger Dickinson, Secretary Diana Dooley of the Health and Human Services Agency, Deputy Commissioner Mona Prieto from the California Highway Patrol, Director Mark Ghilarducci of the Governor's Office of Emergency Services and Appointments Secretary Mona Pasquil.

United Way's Women in Philanthropy brings women together to foster the future, preparing



Assemblymember Ken Cooley speaks to foster youth. Photo courtesy of Ken Cooley

foster youth for a successful adulthood. A dynamic group of businesswomen, homemakers and community leaders. Women in Philanthropy members raise funds, hold drives and provide trainings focused on helping foster youth rise to their dreams. For more information, visit www.yourlocalunitedway.org/wip. ★

Source: Kristin Thebaud Communications

Investing: Challenges and Opportunities in Retirement

CARMICHAEL TIMES, CA (MPG)

Eskaton Village's April 22nd speaker will be Rick Ferguson. His topic is: "Investing..... Challenges and Opportunities in Retirement."

There are many challenges people face in retirement related to investing. What should I invest in? What is the best Investment Retirement Strategy? What is a sustainable withdrawal rate? What should my asset allocation be and should I change periodically? Should I allocate a portion to cash? What about market volatility and how does that impact my retirement savings? Will I run out of money? These are a


few of the questions that will be discussed as well as, How can I turn some of these challenges into opportunities?

Rick Ferguson, CPA, Personal Financial Specialist (PFS®), Accredited Investment Fiduciary (AIF®) is the founder and owner of Ferguson Financial, a registered investment advisor. Rick also hosts his own radio show on 105.5 FM "Beyond the Numbers" every Wednesday morning from 8 a.m. to 9 a.m. Prior to owning Ferguson Financial, Rick was Senior Vice President of Franklin Templeton Investor Services and Franklin Distributors, Inc. focusing on

all retirement related services. He was also a Director/Vice President in Franklin Templeton Companies focusing on financial operations. Rick has been a Certified Public Accountant (CPA) since 1988 and has ten years of public accounting experience, primarily with Price Waterhouse and Deloitte Touche. He graduated from UC Santa Barbara in 1983 with a Bachelor of Arts degree in Economics, emphasis in accounting.

Talk to be held from 10-11 a.m. at 939 Walnut Ave. in the north auditorium. ★

Source: Eskaton Village Carmichael, www.eskaton.org



Holy Week At Northminster

April 13 - April 20, 2014

PALM SUNDAY April 13 10:00 AM
Children's drama, waving of palms and joyous singing by the children, Choir and Handbells, help us to celebrate Jesus' triumphal entry into Jerusalem.

MAUNDY THURSDAY April 17 7:00 PM
A service of reflection and contemplation of Jesus' last hours with His disciples. We will participate in a symbolic "washing of hands" followed by commemoration of the Last Supper.

GOOD FRIDAY April 18 7:00 PM
A service remembering the sacrifice of Jesus Christ on the cross for each of us through the eyes of Jesus' disciple Peter, using Scripture, drama and music.

EASTER SUNDAY
April 20

Casual Family Worship 8:00 AM

Join us for an early, casual time to celebrate the Resurrection of Jesus, with our youth, Youth Praise Band and a Christ-celebrating, joyous message from Pastor Jack.

Traditional Service 10:00 AM

Celebrate the Resurrection of Jesus with Choir, Handbells, brass, Praise Team and a Christ-celebrating and joyous message from Pastor Jack.

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Public Safety Appreciation Night at the Elks Lodge

Honorees include recipients from ten different agencies for their service to the community

Story by Max Hartley

CARMICHAEL, CA (MPG) - On Saturday April 5th, the Carmichael Elks Lodge was the host for the Public Safety Appreciation Dinner. On hand were: State Assemblyman Ken Cooley representing the 4th Assembly District, Rob Olmstead District 4 Director for Senator Jim Nielsen, and Vanessa Olmstead representing County Supervisor Susan Peters, Exalted Ruler Ned Fox and his court of officers.

This year we honored ten different agencies or persons for their service to the community. The honorees received a plaque from the Elks Lodge, a Joint Resolution from both the California State Assembly and the Senate, and a Resolution from the County Board of Supervisors.

Our own C.H.E.A. Vice President Jeffie Moffet welcomed everyone to the event, and the Sacramento County Sheriff's Department Color Guard posted the colors. The Pledge of Allegiance and an Invocation by Diane Peel followed. The VIPs in the audience were then recognized, including representatives from the ten agencies that were honored.

Dinner was expertly



Carmichael Elks present annual awards to local Public Safety Appreciation Night honorees.

prepared by our own Chef Alex, and dessert was cake donated by Bel Air Market

of Carmichael. The meal was served by the Monday night spaghetti crew. After dinner,

the awards were given out.

The honorees were: Officer Andrew Welsh of

the North Sacramento CHP; Special Agent Brian Jones of the Sacramento Office

of the Federal Bureau of Investigation; Vice President Michael Van Camp of the Drowning Accident Rescue Team; Law Enforcement Chaplaincy; Volunteer Jerry Skou of the Sacramento Metropolitan Fire Department Community Emergency Response Team; Special Agent Supervisor Bill Olson, California Department of Justice Division of Law Enforcement; The American Red Cross Capital Region EMS; Deputy Paul Pfeifer Sacramento County Sheriff's Department; Officer Wesley Herman, Citrus Heights Police Department; and Kevin Wegener, Sacramento Metropolitan Fire Department.

The event's MC and guest speaker was Chief Kent Shaw, who is Chief of the California Department of Justice, Bureau of Investigation. The event concluded with Janice McGinnis singing God Bless America. Approximately 165 people attended the dinner and everyone had a great time. The committee consisted of Max Hartley, Diane and John Bristow, Tom Ingle, Sondra Anderson, Dave Berry and Walt Walsiuk. This event was held at the lodge under the title "Police and Fire Night" until 1991. ★

LETTER TO THE EDITOR

Special Benefit Parcel Assessment Ballot

This is an informational editorial that is a continuation of the April 4, 2014, letter.

To reiterate, this letter is not written to support or oppose the "special benefit" parcel assessment ballot from the Carmichael Recreation and Park District (CR&PD) with only the intent of providing Carmichael parcel owners with continuing information. The CR&PD office can provide verification of the information provided.

Proposition 218 of the State of California's Constitution is clear regarding assessments. Only "special benefits" can be assessed. What determines a special benefit to CR&PD parcel owners? The CR&PD agency board of directors needs a majority vote accompanied by an engineer's report to make this determination. So, the sole de-

termining factor is the board that wants the assessment calls it a special benefit.

CR&PD claims to have "lost a sizable amount of revenue", approximately \$2,579,238, since FY2008 and FY2009. Of that amount, it claims to have lost \$673,919 from property tax revenue; \$992,951 from building rentals, interest and ground leases; \$830,268 from recreation service charges (program revenue); and \$82,100 from miscellaneous revenue. Property tax revenue, as you can see, makes up a very small percentage of the claimed total decrease in revenue.

According to the park district records, the annual revenue from FY2010-11 was \$2,900,848; and the annual revenue from FY2012-13 was \$3,225,952. The property tax decrease for this same period of time is \$48,335. The Prop. 218 parcel assessments is worth

\$666,353 for the first year, and an additional three percent per year forever.

At the March meeting of the CR&PD Board of Directors voted unanimously to spend \$70,000 to begin upgrading the dog park. Does the district really have loss of revenue?

A public hearing will be held on Thursday, April 17, 2014, at the CF&PD (5750 Grant Avenue) at 6:00p.m. If you have not voted, would like more information or wish to speak on this subject, please attend the meeting. If you have not voted, a ballot will be issued to you and votes will be accepted at this meeting, but it is requested that you arrive at 5:30p.m. Votes for or against may also be changed at this time. **You are urged to attend.**

More information on Metro Fire to follow.

Jim Baker

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.

Tour the Treatment Plant

Have you ever wondered what happens to the water you use after it goes down the drain? To find out, sign up for a fascinating and educational tour of our Sacramento area's regional wastewater treatment plant.

The Regional Sanitation District conducts free group tours on specific weekday afternoons and a select few Saturday mornings through October. Reservations are required, as

space is limited. Participants must be 16 years or older (minors under 18 must be accompanied by an adult). You can expect moderate walking and some stair climbing.

Please visit regionalsan.com for more information on tour opportunities and a reservation form.

Support the Parkway by Buying a Parks Pass

The American River Parkway is an asset worth protecting—and you can demonstrate your support by purchasing a year-long unlimited Parks Pass. The pass is great for bicyclists and nature enthusiasts who frequent the Parkway. The proceeds go towards our regional parks and the pass costs only \$50 per year – paying for itself after ten trips. You can purchase a pass at The American River Parkway Foundation Office in the William B. Pond Recreation Area or visit www.arpf.org.

Passes also can be bought at other locations and you can find a close, convenient place near you by visiting the Department of Regional Parks' webpage at www.regionalparks.saccounty.net.

Carmichael Community Yard Sale

Next month you can search for old treasures, collectibles, and more during the Community Yard Sale on Saturday, May 3rd, from 8 a.m. to 12 p.m. at the La Sierra Community Center, 5325 Engle Road.

This huge sale is sponsored by the Carmichael Chamber of Commerce and the Carmichael Recreation and Park District. If you want to clean out your garage, office, etc. here is an opportunity to purchase a 10x10 booth space for \$20 each or 2 spaces for \$30. Call 485-5222 Ext. 23 to reserve space now.

Have stuff to donate but don't need a booth? The Carmichael Chamber will have a booth to sell items with all proceeds to benefit the Carmichael Community Beautification Program. Call 481-1002 to donate. If you have items left over after the sale, The Salvation Army will have a truck available to receive donations. ★

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



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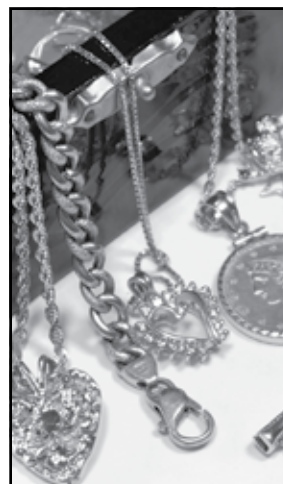
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SOURCE: American Journal of Health Behavior, 33(2) 2009
Psychological Reports 109(1) 2011.

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APRIL 26, 2014

LOCATIONS

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(Behind Costco on Auburn Blvd.)
9am-1pm
Clearing Brush & Picking up Trash

Cherry Creek Park
City of Citrus Heights
(Sperry Dr. & El Sol Way, CH)
9am-1pm
Clearing Brush, Picking up Trash, Cutting Back Small Trees & Tall Grass



Orangevale Community Park
Orangevale Parks & Recreation
(Corner of Oak Ave. & Filbert Ave.)
8am-1pm
Clearing & Improving Walking and Riding Trails and their Surroundings



Go to www.communityservice.me for more details
Sponsored in part by Citrus Heights Messenger and MPG Publishing



The Carmichael Soccer Club, founded in 1972, and located in the heart of Carmichael is registering new players for the upcoming soccer season. If you have a child between the ages of 4 and 18 and can drive your kids to the area for practice and games, you should sign them up.

No experience is necessary so come join us today. Go online to Carmichaelsoccer.org to begin the registration process or come see us at our in person registrations at the Carmichael Library, 5605 Marconi Ave on:

May 31st (12-5 p.m.) • May 8th (6-8 p.m.)

Soccer is the world's most popular sport for good reasons:

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Interested in coaching? Contact mpotratz@carmichaelsoccer.org

Have questions? Call **916.678.0341** or visit us at www.carmichaelsoccer.org



If you want to become more involved, come to a board meeting and consider joining our board. Meeting times and locations are on our website under the Calendar.



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Sacramento, CA 95841



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Consumer Business Review

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Kids Company Preschool has a fenced playground and everything else that makes being a kid fun! No wonder children love it!

The editors of this *Consumer Business Review* are pleased to be able to recommend *Kids Company Preschool* to all of our readers and invite you to stop by anytime and see the difference!

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Sugar Mama's Bakery

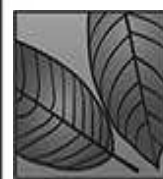
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For the freshest, tastiest pastries, the most fantastic cakes, sandwiches, and everything else you would expect from a leading bakery, it's *Sugar Mama's Bakery*!

Sugar Mama's Bakery at 5150 Fair Oaks Boulevard, Suite #107, in Carmichael, features some of the area's finest baked goods. You'll want to take home some of their delicious doughnuts for morning and afternoon treats, along with a loaf of bread. It's always better when it's fresher!

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The editors of this *Consumer Business Review* recommend you contact *Sugar Mama's Bakery* for all of your baked goods!



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The editors of this *Consumer Business Review* highly recommend *Stefanie Shore, D.D.S.* to our readers for family dentistry!

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That's why the editors of this *Consumer Business Review* highly recommend *American Pastime Street Rod Parts & Accessories* to all our readers!!

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The editors of this *Consumer Business Review* highly recommend *Hoshall's Salon & Spa* as the best place in our entire readership area to achieve the "Look That Spells Success!"

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Selecting the right attorney is not easy. It is difficult to know who to choose. The editors of this *Business Review* would like to help.

Suzanne J. Shephard is highly experienced in the practice of estate planning, living trusts, wills and the probate of estates. She has been in practice for over 21 years offers a unique blend of experience.

She specializes in good service to her clients. Evening appointments are available and she meets with her estate planning clients every three years, **free of charge**, to make sure their documents are up to date with current laws.

Ms. Shephard's office is located conveniently at 2775 Cottage Way, Suite 13, in Sacramento, with excellent parking. Contact *Ms. Shephard* at (916) 484-3929 for your free estate planning appointment.

The editors of this *Consumer Business Review* feel that you owe it to yourself to allow *Suzanne J. Shephard* to handle your legal matters. You will be glad you have found such an efficient and thorough attorney. She is a member of the BBB of Sacramento and is in excellent standing with them!

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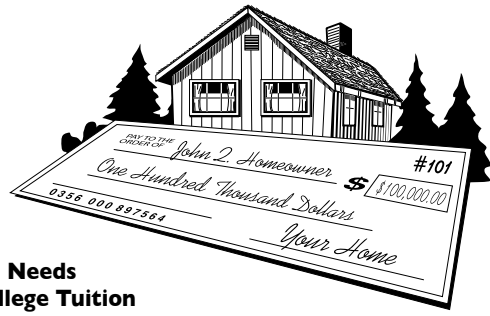
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SACRAMENTO FINE ARTS CENTER, INC.

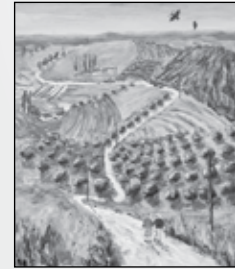
Contributing to the cultural life of the Sacramento community
Current and Upcoming Events



"Awash With Color"

WASH Inc., or Watercolor Artists of Sacramento Horizons, presents an annual members watercolor show, April 1-19, 2014. Judged by Jeannie Vodden. "Awash With Color" will be a display of members watercolor paintings. Over 100 watercolors are expected to be displayed.

Best of Show, Robert Bowden, "Maria's Kitchen"



Foyer Gallery:
"Hang Out and Do Art" Artists

"Untitled" by Jack Calvin Warren

"Celebrating the Figure"

Featuring drawings, paintings, and sculptures by the Friday Morning Figure Study Group April 22-May 10, 2014

Gallery 3: Sacramento Fine Arts Center Board Members • April 1-30, 2014

Photo Club Meets • 4th Thursday 7 PM
Fiber Arts Group • NEW! Meets 3rd Wednesday 10 am

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Best of Carmichael 2014

Carmichael Times



Messenger Publishing will draw 3 winners from voters to win four (each) Regular Season game tickets to Sacramento River Cats
Vote at www.BestofCarmichael.com

You're Invited!

At the 12th Annual "Taste of Carmichael" you'll enjoy wine & food tasting booths, music, art, cars, door prizes, raffles and a silent auction

Hosted by Kiwanis Club of Carmichael

Friday May 16th, 2014 • 5-8PM

La Sierra Community Center,
5325 Engle Road

Benefitting Charity for Children,
Youth and Community Projects

Best of Carmichael 2014

List of Categories

1. Best Breakfast Restaurant _____
2. Best Lunch Restaurant _____
3. Best Dinner Restaurant _____
4. Best Burger In Town _____
5. Best Pizza In Town _____
6. Best Family Fun Spot _____
7. Best Grocery Market _____
8. Best Spa/Hair Salon _____
9. Best Health/Fitness Spot _____
10. Best Car Care Service _____
11. Best Pet Care Service _____
12. Best School _____

Award will be given for the Top Vote Getter

Name _____ Telephone _____
 Address _____
 City _____ Zip _____ Email _____

Contest Rules

Business must be located in Carmichael, Arden-Arcade, or Sacramento zip codes 958

All votes must be received no later than May 14th at 6:00 pm at the office of Messenger Publishing Group.

Votes can be made either by mailing this form to Carmichael Times at 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608, or by completing the online form at www.BestofCarmichael.com.

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

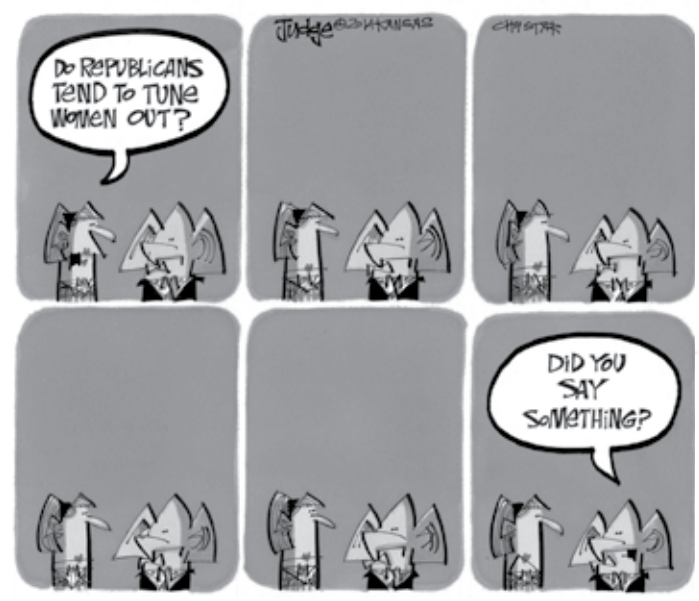


Best of Carmichael winners will be presented at this year's "Taste of Carmichael" event.

This year's event will be held at the La Sierra Community Center, 5325 Engle Road, Carmichael won May 16th, 2014 from 5:00pm - 8pm.

To purchase tickets for this event please contact George at 916-747-0196 or at www.CarmichaelKiwanis.com. Event Tickets \$35 per person at the door.





THE RICH LOWRY COLUMN
By Rich Lowry

Obamacare's Master of False Assurance

A core competency of Health and Human Services Secretary Kathleen Sebelius is issuing false assurances. An administration about-face has left the Cabinet official looking like the Baghdad Bob of American health insurance. When Rep. Kevin Brady, R-Texas, asked her at a hearing two weeks ago whether the administration would extend the Obamacare enrollment period beyond March 31, she responded with a crisp and direct: "No, sir." To the uninitiated, that sounded like an unmistakable denial of any intention to delay the enrollment period. The uninitiated were sadly misled. The secretary subsequently referred in her testimony to a delayed enrollment period for people who were unable to

enroll "through no fault of their own." It turns out that the administration's definition of these frustrated would-be enrollees includes ... well, everyone. The Washington Post reports that the administration will rely on the "honor system" to determine if people enrolling past the deadline are hardship cases. A few weeks ago, a spokeswoman for the Centers for Medicare and Medicaid Services, which runs HealthCare.gov, told reporters "we don't actually have the statutory authority to extend the open enrollment period in 2014." As if that would be an obstacle. The enrollment extension is in the same spirit as the administration's partial enactment in 2012 of the DREAM Act through executive fiat — after President Barack Obama said in 2011 that he didn't have the authority for such a change. It is a testament to the Obama administration's audacity that it doesn't just defy the critics' view of its lawful authority, it defies its own view of its lawful authority. News of the extension of the enrollment period came on the same day that the U.S. Court of Appeals for the District of Columbia heard arguments in *Halbig v. Sebelius*, a case involving arguably the most sweeping act of lawlessness in Obamacare's implementation. The text of the Affordable Care Act

says that only exchanges set up by the states are eligible for subsidies. Since so many states didn't set up exchanges, the Obama administration decided that enrollees on the federal exchanges can also get the subsidies. Its defense in *Halbig v. Sebelius* is, true to form, that the law doesn't mean what it says. Obamacare has been a long workshop in improv tragicomedy. The delays, regulatory rewritings and extensions are always an attempt simply to live for another day, to put off the political pain of cancellations, or rate hikes, or layoffs, and to get just enough traction to make the law viable. Millions have signed up for the exchanges, but it's not clear that the demographic mix is right to avoid steep premium increases by insurers in 2015. So far, it looks like young people — essential to making the economics of the exchanges work — aren't signing up in the necessary numbers. The extension is surely a ploy to squeeze every last "young invincible" out of the current enrollment period, and hope the news for the rates in 2015 isn't so bad. And after that? It's anybody's guess. All we know for sure is that whatever Kathleen Sebelius says today may not be operative tomorrow. Rich Lowry is editor of the *National Review*. (c) 2014 by King Features Synd., Inc.

HOCUS-FOCUS BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below. Differences: 1. Headband is missing. 2. Bedpost is missing. 3. Doll is missing. 4. Glass is smaller. 5. Light switch is missing. 6. Apron is smaller.

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MAY 3RD & 4TH

THE 65TH ANNUAL

2014

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10:00 PARADE 12:00 CHILDREN'S PLAY IN THE AMPHITHEATER 1:30 TOILET BOWL CHALLENGE	CHILDREN'S PARK ENTERTAINMENT CHILDREN'S GAMES RAFFLES CRAFT VENDORS FOOD TRUCKS VILLAGE STORE SHOPPING	SUN RUN REGISTRATION AT 7:00AM RACE BEGINS AT 8:05AM PANCAKE BREAKFAST IN THE CLUBHOUSE 8AM CAR SHOW 9:00AM - 3:00PM

SPONSORED BY

Low Cost Spay/Neuter Returns to County Shelter



The County Animal Shelter location will be a second clinic for Animal Spay and Neuter to continue their successful programs.

SACRAMENTO REGION, CA (MPG)

- Looking forward to an early April opening, low-cost animal spay-neuter and vaccination services will be available at the County Animal Shelter Clinic adjacent to the animal shelter at 3839 Bradshaw Road. The County Board of Supervisors has approved entering into a new service provider agreement with Animal Spay and Neuter, a non-profit clinic that delivers these needed services. The clinic is taking appointments now at 916-368-7314.

"We are very pleased to begin a new partnership with Animal Spay and Neuter Clinic to bring back low cost spay and neutering. Their reputation and performance are outstanding," stated Dave Dickinson, County Animal Shelter Director. "Together we will continue efforts to reduce the number of unwanted animals and provide more resources to fight pet overpopulation."

"My co-founders, Nancy McAlpin and Julie Anderson, and I are very excited to be starting a new adventure with Sacramento County. Our goal is to end the overpopulation problem and to stop the euthanasia of unwanted cats and dogs," stated

Dede Shaw, Chair of the Board of Directors. "Our new phone number will soon be posted on the County website and on www.animalspayneuter.com."

Animal Spay and Neuter has been in business since 1993 providing low-cost spay-neuter and vaccination services. Based in Auburn, California, they have performed more than 230,000 spay-neuter surgeries of dogs and cats since they began and currently are averaging 60-80 surgeries per day. The County Animal Shelter location will be a second clinic for Animal Spay and Neuter to continue their successful programs.

Animal Spay and Neuter is well known and has been listed as a resource by many organizations, including the County's own website, the City of Sacramento Animal Care, the American Society for the Prevention of Cruelty to Animals, the Sacramento Society for the Prevention of Cruelty to Animals, the Sacramento Area Animal Coalition, the Placer County Animal Services, and several other private, nonprofit organizations.

Open to the general public, the fees for the sterilization surgeries are:

Cats:

\$35 - female
\$25 - male

Dogs:

\$50 - females 29 pounds or less, plus \$10 for each additional ten pounds

\$40 - males 29 pounds or less, plus \$10 for each additional ten pounds

Kittens:

\$25 - female
\$15 - male

Puppies:

\$40 - female
\$30 - male

The clinic will be open four days a week with a goal of 400 sterilization surgeries per month. Operating hours have yet to be set and shelter officials are targeting April to open. The agreement with Animal Spay and Neuter will be no more than two years with two one-year extension options.

To find out about adoptable pets or rescue and promotional programs, visit the Shelter's website. ★

MPG

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THE SACRAMENTO BEE
FOOD REVIEW
FEB 2013

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Saturday, 4/19 ★ Rain Or Shine!
Breakfast, 7-11am ★ Hunt Starts At 10am

Held at Carmichael Park • Co-Sponsored by the Carmichael Kiwanis Club, Carmichael Chamber of Commerce and Kovar's Satori Academy

COMMUNITY YARD SALE
Saturday, May 3 from 8am-Noon

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La Sierra Community Center, 5325 Engle Road

Proceeds benefit the Carmichael Community Beautification Program
Co-Sponsored by the Carmichael Chamber of Commerce

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Sacramento County DA Reports



Recent cases of interest

CASE: Tony Khong (04/10/14)

PROSECUTOR: Deputy District Attorney Allison Dunham, Adult Sexual Assault Unit

District Attorney Jan Scully announced today that Tony Khong was convicted by jury of pimping, pandering and human trafficking of two female juvenile victims, ages 14 and 15 years old.

Between October and December of 2011, Khong facilitated sex acts by trafficking two female juvenile victims, connecting them with adult males in an exchange of sex for money.

Deputy District Attorney Allison Dunham states, "Human trafficking and this form of slavery is a top priority for our office. I hope this case sends a clear message to those who seek to take advantage of the weakest members of our community that these crimes will not be tolerated and will be prosecuted to the full extent of the law."

Khong faces a possible maximum sentence of 32 years in prison. Sentencing is set for May 9, 2014 in front of the Honorable Ben Davidian.

CASE: Conrad Johnson (04/03/14)

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

District Attorney Jan Scully announced today that the Honorable Allen Sumner sentenced Conrad Johnson to 60 years plus 106 years to life in state prison. On February 10, 2014, a jury convicted Johnson and four co-defendants of four counts of premeditated attempted murder. The jury also found true that the crimes were committed for the benefit of a criminal street gang and that a principal personally discharged a firearm causing great bodily injury to two separate victims.

On January 12, 2012, the defendants were at a shopping center located at the intersection of 65th Street and 53rd Avenue in Sacramento. The shopping center is a known hangout and territory of the street gangs KZT and Viet Pride. Several of the defendants noticed a rival gang member buying water inside of one of the businesses. They confronted him, challenging him to a fight. Defendants Lam Luong and Conrad Johnson produced firearms and shot at the rival gang members, striking one in the head and one in the buttocks.

Last week, co-defendants Danny Do and Jordan Villanueva were sentenced to 32 years to life in prison. Sentencing for the remaining two co-defendants Roderick Randall and Lam Luong is set for April 7, 2014 in Department 42 of the Sacramento Superior Court.

CASE: Stephen Brainard (04/09/14)

PROSECUTOR: Deputy District Attorney Bruce Chang, Homicides

District Attorney Jan Scully announced that Stephen Brainard was convicted by jury for the second-degree murder of Julia Bullinger. The jury also found true that Brainard personally discharged a firearm causing death.

Brainard had previously dated Ms. Bullinger. After their relationship ended, he continued to live in Ms. Bullinger's Rio Linda house as a roommate. On April 30, 2013, he entered her bedroom, disabled all of the phones in the room, and shot her three times in the chest and torso at close range.

On May 1, 2013, Brainard called the Sacramento County Sheriff's Department to report that he shot his roommate. When deputies arrived at his house, he refused to come out and refused to put down his firearm. After a four hour standoff, he exited the house and was arrested.

Sentencing is set for May 9, 2014 at 9:00 am in Department 14 before the Honorable Eugene Balonon.

Local Animal Shelters Continue Life-Saving Programs with Grants from ASPCA

SACRAMENTO, CA (MPG) - The Sacramento Animal Care Partners, comprised of the Sacramento SPCA, City of Sacramento Front Street Shelter, Sacramento County Animal Care & Regulation, and Happy Tails Pet Sanctuary, have received \$125,000 in grant funding from the American Society for the Prevention of Cruelty to Animals (ASPCA) to continue their work in reducing intake at local animal shelters and providing care to animals with a variety of medical needs.

Funds granted by the ASPCA will focus on four different programs:

- \$10,000 on animal retention programs that educate fami-

lies on how to resolve the issues they face with their pet, ensuring more pets are kept in the home.

- 2. \$30,000 on free spay/neuter for pit bulls, one of the most predominant breeds found in local shelters.
- 3. \$35,000 on veterinary care for animals placed with animal rescue groups.
- 4. \$50,000 on spay/neuter programs to support feral and community cat programs, helping to reduce the number of unwanted litters of kittens coming into shelters each year.

"In order to reduce the number of animals entering local shelters

each year, we have to look at every contributing component," explains Rick Johnson, CEO of the Sacramento SPCA. "The ASPCA is helping us to address that. We've seen incredible success with ongoing spay/neuter services for animals in need in our community. These funds will help us to continue that work and also allow us to reduce numbers in our shelters by helping families to keep their pets as important members of the family."

In 2013, the Sacramento Animal Care Partners took in more than 31,000 animals. ★

Source: Sacramento SPCA
www.sspca.org

Carmichael Senior Citizens Club 45th Anniversary

CARMICHAEL, CA (MPG) - The Carmichael Senior Citizens Club celebrated its 45th anniversary on April 10th.

For the past four decades, members have gathered at the Club for potlucks, entertainment and community activities. Carmichael Seniors club provides an opportunity for active seniors to socialize with like-aged individuals twice a month.

"I have developed so many new friendships" said Molly Solis, a past president who has been a club member for six years. "Many members help non-driving members with transportation to the club meetings and activities."

Club President Valerie Hobin said "The club's main focus is the meetings where birthdays are celebrated, potlucks are shared and bingo is enjoyed." Club members also take bus trips to local casinos and attend local live-theater matinees. Last holiday season, members saw a production of "Scrooge."

Valerie Hobin also adds, "The club's objective for 2014 is to increase membership. Club



Mother and daughter Nora savage (left) and her daughter Cathy Thomas.

attendance is steady, but has decreased in the past few years due to many other senior activities in the community and seniors moving into retirement complexes. Our club has a good community outreach program, often inviting retirement home residents to join our club for lunch and bingo. I am very proud that our club welcomes three mother-daughter partners that attend each session. What a nice way to spend a few hours a month with your relative." Hobin adds, "Fathers are

welcome too."

The club meets the second and fourth Thursdays of every month. Hours are 10 a.m. to 2 p.m., and bingo follows each session. The annual membership fee is \$10. A 50-cent charge is paid each meeting at the door for coffee and condiments.

For more information, call Valerie Hobin at (916) 487-5525. ★

Source: Carmichael Senior Citizens Club

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13 ^{DH}	14	15	16	17	18	19
1:05 SLC		7:05 FRES	12:05 FRES	7:05 FRES	7:05 FRES	TAC
20	21	22	23	24	25	26
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SMUD Unveils Electric Vehicle Fast-Charge Station

Pilot Project Enables EV Drivers to Recharge in 30 Minutes or Less

SACRAMENTO REGION, CA (MPG) - Drivers of electric vehicles need not fear running out of juice too far from home in the Sacramento area. The Sacramento Municipal Utility District (SMUD) has a new EV fast-charge station at the SMUD campus that is open for business. The pilot project's technology charges most fast-charge EVs in less than 30 minutes, giving drivers the range confidence to fully realize the tremendous potential these cars offer.

The station features the only fast charger in the region with dual capability to accommodate most types of EVs manufactured by domestic and foreign automakers. This station is one of the world's first commercial installations of certified DC fast-charge hardware that meets the new industry standard. It is also one of the first fast-charge stations in the U.S. installed by a utility and the first that SMUD will open in the area in 2014. The electric to gasoline comparison is about \$2 a "gallon" to fast charge versus \$4 for a gallon of gasoline.

The project is the next step in a quarter-century effort by SMUD to improve local air quality by

advancing clean alternative-fuel transportation, as well as cleaner power sources. The station is a joint SMUD, General Motors and U.S. Department of Energy project. Funding for this station comes from the sale of carbon credits.

Plug-in electric vehicles are far more advanced and can even charge using a normal 120-volt home outlet. SMUD makes it easy to get plugged in and on the road. SMUD provides a special rate, one of the lowest in the state, to make plugging in instead of pumping gas even more affordable. The at-home rate equals 60 cents per gallon for charging after midnight. Drivers can save upwards of \$1,800 a year compared to a gasoline car.

Environmental leadership is one of the SMUD Board of Directors' core values. SMUD made its original commitment to electric vehicles in 1989 and has continuously supported electric vehicles as they help improve the air quality in the Sacramento region and reduce dependency on oil.

Through the years SMUD has partnered with a host of major automakers, entrepreneurs,

universities and other technology developers regarding all types of electric vehicles. This range of expertise is nationally recognized and provides Sacramento with a knowledge base to support the current wave of electric vehicles. SMUD currently operates 15 plug-in electric vehicles and will be purchasing nine additional vehicles by the end of the year and has long-term fleet deployment plans that will increase the fleet to 54 by 2017.

As the nation's sixth-largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for more than 65 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD is the first large California utility to receive more than 20 percent of its energy from renewable resources. For more information, visit smud.org. ★



SMUD Assistant General Manager Paul Lau plugs in an electric car to the new fast charger located at SMUD. The fast charger is the only one in the region that charges most fast-charge EVs in less than 30 minutes. The station features the only fast charger in the region with dual capability to accommodate most types of EVs manufactured by domestic and foreign automakers. It is also one of the first fast-charge stations in the U.S. installed by a utility.

River Cats Pounce



Sacramento River Cats Pitcher Jose Flores, fires another late inning strike.

Story and Photo by Ben Barber

SACRAMENTO REGION, CA (MPG) - The start of the 2014 minor league baseball season might have snuck up on you with the Sacramento River Cats playing their first eight games on the road. Beginning in Salt Lake City, they split the series 2-2 with the Bees before they flew to Las Vegas where they battled the 51s to a 1-3 series loss.

Friday, April 11 2014, Raley's Field, game one of three. After three flights and eight straight days of baseball, the River Cats had only three more games before a much needed day off. But it wasn't Monday yet, it was Friday and the Cats still had work to do. The Bees had taken two wins in their first meeting,

and with the home opener on the line, the River Cat's were determined to give the fans a show.

The Bees came in confident, scoring a run in the first and two in the second before the River Cats could respond with two of their own. Both dugouts remained relatively silent until the eighth inning where after scoring two more runs the Bees now led 6-3.

Bottom of the eighth, Tyler Ladendorf to start the order off, he's walked. Shane Peterson next to bat, singles on a ground ball to left field. Two runners on; the second baseman, Jose Martinez (batting .289), takes the plate and is walked, forcing a Bees pitching change. Robert Carson, now on the mound, is greeted by Ken Matthes who flies out to left field. One out now, bases loaded,

Nate Freiman takes the plate. First pitch, low, below the knees. Carson loads up again, pitch two, low, CRACK, the stadium erupts as Nate Freiman sends the pitch deep into left field and across the wall, grand slam. With the momentum of Freiman's bat, the River Cats go on to win not only the game but the remaining 3 games against the Bees, including the grueling double header on Sunday.

The River Cats now face the Fresno Grizzlies, the San Francisco Giants triple A affiliate who has struggled through their first few games losing 7 of 11. The upcoming four game series promises good baseball for all fans. Evening games start at 7:05 p.m. Arrive early, and don't forget your glove. ★

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