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Carmichael Times

Volume 33 • Issue 27

Serving Carmichael and Sacramento County since 1981

July 3, 2013

MPG Wishes All Readers a Happy 4th of July



Christian Singles Network Turns 21



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Riley Reviews Zombie Attack in "World War Z" Thrills with Little Gore



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Patriot has Cadillacs – Will Travel



Larry Bunfill (center) and his family have supplied vintage Cadillacs for the Carmichael July 4th parade for decades. Inset: Parade organizers Jim and Lola Warrick hitch a ride in a 1965 red Cadillac Biarritz. The Bunfill auto was once owned by Eunice Kennedy Shriver. Photo by Susan Maxwell Skinner.

The Carmichael Elks' 55th annual Independence Day parade will grace Fair Oaks Boulevard on Thursday, July 4. Grand Marshall is former Sacramento Sheriff John McGinness. Photojournalist Susan Maxwell Skinner salutes one of the parade's unsung heroes, Cadillac king Larry Bunfill.

CARMICHAEL, CA (MPG) - Turning 96 in July, Larry Bunfill estimates he and his family have owned a Cadillac for every one of his years. "Dad bought our first one in 1941," he recalls. "Ever

since, we've all owned Cadillacs. We like the way they drive."

Including four daughters, a son, long-time girlfriend Arline Romano, and his brother curly (101), the Bunfill ménage currently garages six of these iconic autos. Washed, waxed, and resplendent in bunting, the autos will haul VIPs in Carmichael's July 4th parade.

The clan favors vehicles that are not just vintage but historic. Their Carmichael stable has housed a 1956 Seville, built for movie goddess Rita Hayworth, and a 1965 Biarritz owned by Eunice Kennedy Shriver. In 1989, movie history was made

when a rosy convertible took Clint Eastwood and Bernadette Peters on a freeway of love. The legendary "Pink Cadillac" was Bunfill's 1959 famously finned convertible.

"We often supply cars for movies," says Larry. "On Eastwood's set, my daughter photographed the stars and our cars. A security guy tried to stop her. Clint yelled: "Hey, she's Larry's daughter - leave her alone or we won't have any cars to finish the film..."

Brushing elbows with celebrities never polished off Bunfill's Depression-era humility or his passion for cowboy attire and memorabilia. One of 11 kids

raised by the owner of a Wild West Show, he was born in a covered wagon in South Dakota and rode horses from childhood. As the family moved from town to town, the Bunfill kids rarely knew a steady address. "In those days, you could camp in town parks," remembers Bunfill. "We lived like gypsies."

The Great Depression destroyed any tenuous prosperity. From the age of 13, Larry worked to feed his siblings. "I didn't get any further than the third grade," he regrets. "My schooling suffered, but I stuck with my family."

Continued on Page 2

Come and Enjoy the 55th Annual Elks 4th of July Parade

SACRAMENTO REGION, CA (MPG) - The 2013 Carmichael 4th of July parade and festivities celebrates the inspiring qualities possessed by American patriots reborn with each new generation: love for freedom and a common sense of purpose. The Carmichael Elks invite you to come out and enjoy their annual community parade, sharing the spirit of America.

Elk Jim Warrick, Parade Coordinator, stated at the Chamber of Commerce luncheon that this has been the largest community outpouring of support in recent memory.

The day starts with a pancake breakfast from 7 to 11am. Start your 4th of July off with some pancakes at the Carmichael Park Clubhouse before getting a seat for the parade! The pancake breakfast is sponsored by the Kiwanis Club of Carmichael.

The 55th Annual Carmichael Elk's Club Parade begins at 10:30 am. Fair Oaks Blvd. will be closed to traffic from Kenneth to Cypress Ave from 10:30 to 1:00 during the parade.

This year's Grand Marshall is Retired Sheriff and media personality John McGinness.

Make sure to get a front row seat on Fair Oaks Blvd.! The parade route begins at Marconi and Fair Oaks and continues down Fair Oaks Blvd. to the corner of Cypress and Manzanita. The Grandstand is located across the street from Carmichael Park, just beyond the post office.

There will be a special senior viewing area at the park as well. For more information on free float registration email Jim Warrick at jdwarrick@lanset.com or call the Elk's Lodge at (916) 489-2103.

The evening will culminate with the Annual Fireworks Show at La Sierra Community Center, 5325 Engle Road. Join your neighbors starting at 7pm for food, music and fun. Free activities include arts, crafts, inflatables and more. Bring your blankets, lawn chairs and shade umbrellas. The Fireworks Show is set to start around 9:30pm

Carmichael Recreation and Park District is in Good Hands with Tarry Smith

By Chris Wilson

CARMICHAEL, CA - (MPG) If there's one thing Tarry Smith likes, it's a challenge. Throughout his 40-year career in the field of parks and recreation, Smith - the new District Administrator for the Carmichael Recreation and Park District - has enjoyed meeting the new challenges that have accompanied the various positions he's held over the years.

One challenge he had until recently was the daily commute he had between his home in Folsom and his job in the Bay Area (Bay Point in Contra Costa County). "I've always had my eye on Carmichael," admits Smith, "because I knew Jack Harrison (former District Administrator) was interim. But interim turned into 7 or 8 years."

Smith's position in Bay Point was as General Manager with the Ambrose Recreation and Parks District. In the short time since he's been here (his first day was June 10), Smith can see he's



Tarry Smith with two staff members: Elizabeth Crisante, Recreation Supervisor (on the left), and Lindsey Smith, Recreation Coordinator. Photo by Chris Wilson

got two huge advantages in his new position: an excellent staff and a lot of community support for park development. "It will take some time to

see the way things are done with the existing budget. We'll follow through on whatever projects have already been started, and take a close look

at our resources," he says. "In about a year, I'll have a better idea of where we're headed."

In addition to paying periodic visits to the 15 parks in the community, Smith says he'll also be meeting about once a month with staff from neighboring park districts such as Fulton-El Camino and Mission Oaks.

With a full-time staff of 22 (encompassing both recreation and administration), Carmichael's park district is larger than the one he supervised in the Bay Point, which had a staff of 9.

The largest staff Smith has worked with (65) was in Folsom, where development was booming big-time about a decade ago. "Development breeds income," explains Smith, "so we had a lot of money to work with there."

Throughout the year, Smith will be looking at possible sources for bringing in more money to help with projects in the Carmichael District. "With any money that does come in," says Smith, "we'd like to know where to put it. You

always need to have a plan."

One of the challenges he's enjoyed most was learning about the construction side of development, which he first experienced in Oregon with a swimming pool renovation. In Southern California, he was involved with construction during the development of a ball field.

In the early years of his career, sports were his main focus. More recently, he's had the chance to work a lot with seniors. The hardest age group for which to create activities, he thinks, are teens. "They're pretty independent - especially once they start driving. They usually just want to do their own thing, but not in groups."

Smith, who's been married for 24 years, has four children. The youngest, at age 17, is still in high school. His oldest just graduated from college.

Speaking for the community, we here at The Carmichael Times say "Welcome to Carmichael, Tarry!"

Patriot has Cadillacs Will Travel



Parade organizers Jim and Lola Warrick hitch a ride in a 1965 red Cadillac Biarritz. The Bunfill auto was once owned by Eunice Kennedy Shriver. Photo by Susan Maxwell Skinner.

Continued from Page 1

Lifelong horse fanatics, he and brother Curly haunted California's burgeoning movie industry as extras on dozens of cowboy films. "My first movie was Skippy with Jackie Cooper (1931)," Larry recalls. "We were both kids. Jackie said something smart to me, and we started scrap-ping. The directors decided to keep me on for fight scenes...."

Marrying young, he followed family tradition and took his own brood on the road. Bunfill thoroughbreds contested race meetings all over the Western states. Their biggest win was \$50 thousand at the Longacres track in Washington state.

In lean times, the equestrian fell back on building contracting. Daughter Lonie was one of the first California women to hold a

contractor's license. "My kids had a different sort of upbringing," he nods. "But they all turned out good..."

Never forgetting childhood hardships, the patriarch has loaned vehicles to hundreds of car shows and children's charities. "My biggest pleasure is to see the good you can do with a great car," he approves. His showiest favorite was a "solid gold" 1956 Cadillac.

When McClellan Air Force closed in 2001, Bunfill and the gilded convertible led a final parade. "The car's paint had flecks of real gold and cost \$600 a gallon," marvels its former owner. "Elvis Presley drove that same model. Any little scratch must have cost him a fortune."

The current star of his stable is a 22-foot-long 1965 De Ville that shows how size once meant more than gas consumption. Declares Bunfill: "Only 16 of these cars were made. You can get an old Cadillac for \$600, but you'll spend over \$60,000 restoring it. They burn 102-octane gas that you can't get now; we buy 92-octane then use a special additive. To do the Carmichael parade - a mile up Fair Oaks Blvd and back - takes about six gallons. Yeah, our cars are expensive to run. But they're fun. They give such joy: when we take them out, everybody waves and toots their horn."

After decades of civic processions, the Cadillac king still loves his hometown parade. "It's been run by the Warrick family and the Carmichael Elks for 55 years," he approves. "They're the nicest people in the world...."

CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of *The Carmichael Times* this column serves to provide an update periodically about matters affecting the unincorporated community of Carmichael.

FOURTH OF JULY CELEBRATION

You can start celebrating Independence Day with a pancake breakfast sponsored by the Kiwanis Club from 7 to 11 a.m. at Carmichael Park, located near Fair Oaks Boulevard and Grant Avenue. Next enjoy the 55th Annual Elks Club Parade on Fair Oaks Boulevard starting at 10:30 a.m. at Marconi Avenue and continuing to Manzanita and Cypress Avenues. The parade

features floats, antique automobiles, marching bands, equestrian entries, and much more.

Fireworks also will light up the evening sky over Carmichael's La Sierra Community Center, 5325 Engle Road. The first rocket is expected to go off at approximately 9:30 p.m.

Visit carmichaelpark.com for more information about all of the day's activities.

PROTECT YOUR PET FROM FIREWORKS

Remember fireworks can be very stressful for animals possibly causing fear and anxiety. Sadly, the volume of missing pets significantly increases during the Fourth of July holiday.

Leaving a pet outside unattended even in a fenced yard or on a chain can lead to disastrous consequences. With fireworks occurring, in their fear, pets who normally would not leave the yard may escape and become lost, or become entangled in their chain, risking injury or death. Also please make sure your pets are wearing identification tags so if they become lost, they can be returned home promptly.

PARKWAY ALCOHOL BAN

The American River Parkway will have a complete ban on alcohol consumption and possession both on land and in the

water between Hazel and Watt avenues starting on the Fourth of July through July 7 (an exception exists for Ancil Hoffman Golf Course).

In past years summer holiday weekends had become major problems along the American River due to excessive alcohol consumption making the parkway less of a family friendly outing because of fights, public nudity, profanity and littering. The Board of Supervisors restored decorum beginning with the 2006 Labor Day weekend and the ban is also applicable for the weekends of Independence Day as well as Memorial Day.

WALL OF HONOR NOMINATIONS WANTED

Carmichael Recreation and Park District is seeking nominations for its Wall of Honor at Patriots' Park. The purpose of the Wall of Honor is to provide a lasting monument to residents of the Park District who gave their life for their country or community. Nominations must be made by July 31. For rules and an application form, please contact the Park District at 485-5322.

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



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Publisher, Paul V. Scholl

Carmichael Times

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Christian Singles Network Turns 21 Celebrate at DJ Dance on July 6

SACRAMENTO REGION, CA (MPG) – A DJ Dance for singles will be held Saturday, July 6 at the Roseville Veterans Hall, 110 Park Dr., next to Royer Park, Roseville. Doors open at 6:45 pm, with dance lessons in the Cha Cha at 7 pm taught by Janine Wright, followed by a DJ dance, 8 am - 1:30 pm, included in the ticket price.

DJ Gene Lane will provide a mix of rock-and-roll, ballroom, country, and Latin dance music. Dress is nice casual. The dance is sponsored by Christian Single Network, and both singles and couples are welcome to attend.

Christian Singles Network is celebrating its 21st anniversary this year.

Tickets are \$15 pre-sale, \$20 at the door, which include light refreshment non-alcohol beverages. People who have not previously attended a CSN dance will be able to attend this dance at the 2 for \$25 price when they attend with a friend who has attended before. Two new people attending together can also get in at 2 for \$25.

Pre-sale tickets are available at www.christiansinglesnet.com and at Berean Christian Bookstore in Sacramento or from Destiny

Church singles group in Rocklin; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722.

Northern California's largest inter-church singles group, CSN holds dances every 3-4 weeks on Saturday nights for singles of all ages. These dances are \$15 pre-sale and \$20 at the door. The next Saturday dance is July 20 at Carmichael Presbyterian Church – the Luau Dance. CSN also hosts mixers, workshops, concerts, and retreats.

For information, call the office at (530) 878-8606 or the 24-hour informationline at (916) 658-0606.





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Carmichael's Annual Fireworks Show is a Grand Finale to July 4 Festivities



Text and Photo by
Susan Maxwell Skinner

7-11 a.m. – Kiwanis host a pancake breakfast at the Carmichael Clubhouse, 5750 Grant Ave. Admission by donation.

10:30 a.m. – Carmichael Elks Parade begins at corner of Marconi Ave and Fair Oaks Blvd. (Parade route follows Fair Oaks Blvd. and ends at the Elks Lodge, Cypress Ave). Free.

7-9:30 p.m. – Food, music, and children's entertainment culminates with annual fireworks show, at La Sierra Community Center, 5325 Engel Rd. Free.

July 4th celebrations are sponsored by: Carmichael Elks, Carmichael Kiwanis, Carmichael and Mission Oaks Park Districts.

For information, visit www.carmichaelpark.com.

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Sacramento County DA Reports

Recent cases of interest

CASE: Oscar Gaspar (06/24/13)

PROSECUTOR: Deputy District Attorney Donell Slivka, Homicide Unit

District Attorney Jan Scully announced that Oscar Gaspar was convicted by jury of first degree murder and the personal and intentional discharge of a firearm.

While at the Idle Hour Bar, Gaspar's girlfriend falsely accused Jesus Garcia as being one of the guys who raped her almost two years prior. Gaspar made contact with a friend who gave him a gun and Gaspar returned to the bar. When the bar started to close, Gaspar went outside before the victim and waited behind a car until the victim walked outside. When the victim walked past him, Gaspar stepped out and fired off six rounds, hitting the victim five times in the back. Four of the five shots inflicted fatal injuries.

Sentencing is set for July 22, 2013 at 4:00 pm in Department 17 before the Honorable Ernest Sawtelle.

CASE: Gurpreet Gosal (06/24/13)

PROSECUTOR: Deputy District Attorney Anthony Ortiz, Homicide Unit

District Attorney Jan Scully announced that Gurpreet Gosal was convicted by jury of second degree murder. The jury also found true enhancements for the use of a gun.

In August 2008, Gosal shot and killed Parmjit Singh during a Sikh sports festival held at the Sikh temple on Bradshaw Road.

Gosal faces a sentence of 35 years to life in prison. Sentencing is set for August 9, 2013 at 9:00 a.m. in Department 10 of the Sacramento Superior Court.

CASE: Steven Hernandez (06/24/13)

PROSECUTOR: Deputy District Attorney Maria Wilson, Felony Trial Teams

District Attorney Jan Scully announced that the Honorable Delbert Oros sentenced Steven Hernandez to 7 years state prison with one year county jail consecutive, for total of 8 years. Last month, Hernandez pled to all charges of two counts of felony hit and run and misdemeanor vehicular manslaughter.

In March 2012, Hernandez swerved onto the shoulder of the road on Winding Way, killing Paul Pellandini and seriously injuring Bill Collins. In a separate case, Hernandez was charged with vehicle theft. He also had two prison priors.

Hernandez received the total maximum sentence.

CASE: Daniel Senna (06/24/13)

PROSECUTOR: Deputy District Attorney Michael Blazina, Real Estate Fraud Unit

District Attorney Jan Scully announced that 59-year-old Daniel Senna of Rancho Cordova was sentenced by the Honorable Steve White to 6 years in state prison for felony grand theft, embezzlement, money laundering, and failure to file state tax returns. Senna was also ordered to pay \$705,870.29 in restitution to the victim, Ms. Gaylen Bills, and \$93,669 in back taxes to the California Franchise Tax Board. Senna had previously accepted a court offer to resolve his case, in which he pled no contest to all charges and enhancements at the start of the third week of his jury trial.

From November 2007 to September 2008, Senna repeatedly induced the 60-year-old victim to loan him money on promises he made that the funds would be used for specific projects related to his bathroom remodeling business "Bathrooms Plus" and other commercial enterprises. On three occasions, the victim refinanced her residence and other properties she owned for a total of \$657,500, then loaned the cash pay-outs from the refinancings to Senna. Senna proceeded to use the bulk of the money for his personal expenses, including repaying previous loans he received from other creditors, purchasing vehicles for his children, and paying for cosmetic surgery for himself. Senna never repaid the victim any of the monies she loaned him. He also failed to file California state income tax returns for the monies he received from the victim. In the course of the trial, the court also heard from an earlier victim of Senna's who was defrauded in a similar manner by hundreds of thousands of dollars.

This case was investigated and prosecuted by the Sacramento County District Attorney's Office Real Estate Fraud Unit.

CASE: Shajia Ayobi (06/14/13)

PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit

District Attorney Jan Scully announced today that Shajia Ayobi was sentenced to 26 years to life in prison. On May 1, 2013, a jury convicted Ayobi of first degree murder. The jury also found an arming allegation to be true.

In December 2011, Sacramento police officers responded to a call of a male shot on Interstate 80 at Norwood Avenue. Upon arrival, officers found a male who had been shot in the upper body. He was transported to the hospital where he was declared dead. After further investigation by the Sacramento Police Department, Shajia Ayobi was arrested for the murder of her husband, Ghulam Ayobi.

Cordova 40th Reunion Set for July 20, 2013

1973 Classmates Sought for Gala Luau Event

RANCHO CORDOVA/ SACRAMENTO - Cordova High School - Class of 1973 will hold its 40-Year Class Reunion on Saturday, July 20, 2013 at the Red Lion Hotel Woodlake in Sacramento. There will also be a Friday Night Mixer on July 19th to be announced via email.

On Saturday, the reunion begins with registration and photos at 5 p.m., followed by happy hour at 7 p.m., then a gala, Hawaiian-themed dinner that features a special performance by the award winning Makamae Polynesian

Dancers, and all the trimmings. There will be awards, contests and good old-fashioned Hawaiian fun! Tickets can be purchased online via PayPal at our Reunion Website: www.CordovaHigh73.com TicketPurchaseOrderForms are also available on the website or email CordovaAlumni73@aol.com for forms to be email to you.

Reunion Committee Members include Mike & Karen Haden, Terry Behrens, Paul McDade, Richard Storm, Steve Berg, Janet (Brown) Maruniak, Karen (Gossard) Koenig, Beth (Hayden)

Barton, Mike Marando and Kelly (Hall) Brooks.

Please see the Class of 73 Facebook page at www.facebook.com/Cordova.seventythree for further information.

Are you a Cordova High 1973 graduate, or are you the parents, sibling or friend of a 1973 graduate? The Class of 1973 Reunion Committee needs your help with current contact information so we can contact our Class of 1973 Alumni.

Please contact Terry Behrens at CordovaAlumni73@aol.com

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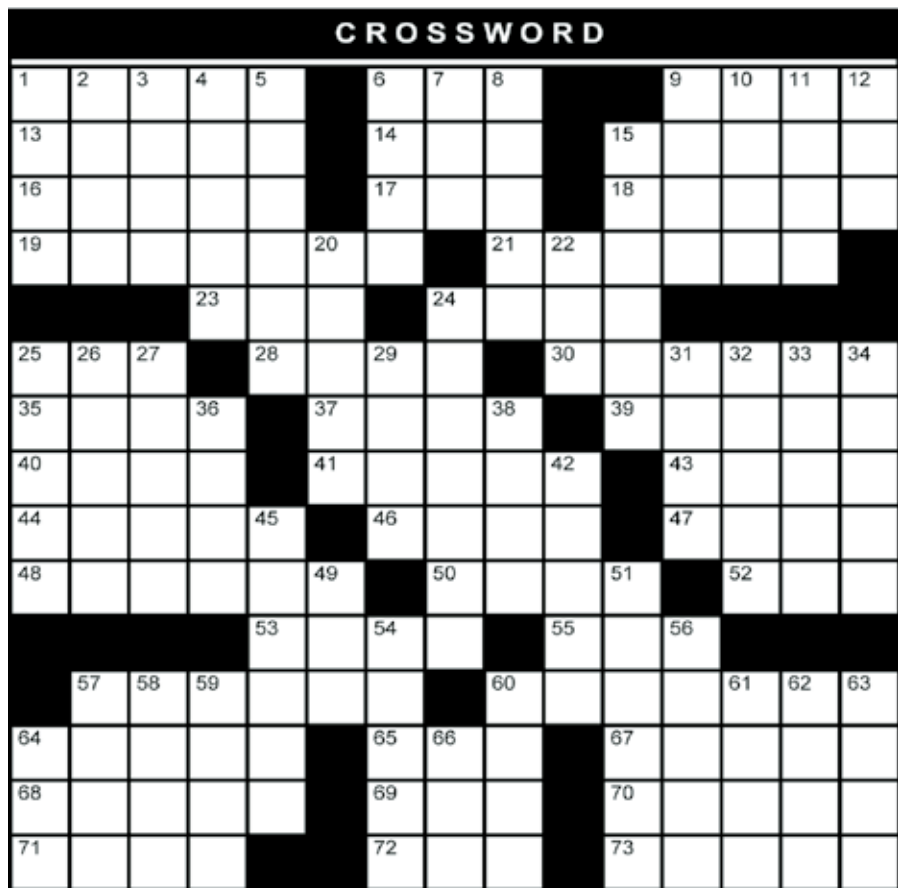
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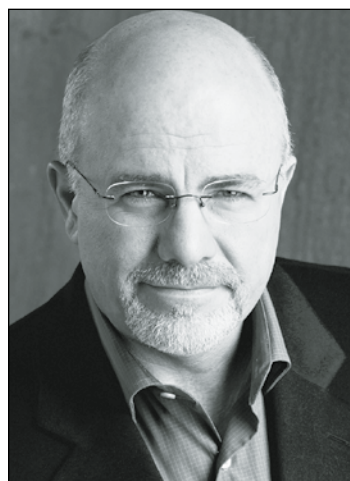
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CLUES

- ACROSS**
1. Abraham, originally
 6. Bag in Paris
 9. The complete duration of something
 13. Quickly fry
 14. Lennon's wife
 15. Welsh dog breed
 16. "That is," in Latin
 17. Like arctic air
 18. Run _____ of the law
 19. "Like the July 4th holiday
 21. "March for the community
 23. Be unwell
 24. Boot
 25. Triple _____
 28. Treble _____
 30. "Subject of Nathan's contest
 35. Turkey dance
 37. German composer Carl _____
 39. "The whistle or crack of a firework
 40. Dwarf buffalo
 41. "To prove this, let Facts
- DOWN**
1. "Dream on!"
 2. Commanded
 3. Wished undone
 4. "Where French navy helped colonists battle British
 5. Kind of unit
 6. Sully
 7. Mandela's organization
 8. Beaver-like South American rodent
 9. Family room staple
 10. Poking instrument
 11. Fit of shivering
 12. Not a thing
 15. _____ of milk
 20. Give permission
 22. Campfire leftover
 24. Like a dune buggy
 25. "Symbolic of states
 26. Bert's roommate
 27. Take over, in a way
 29. Aphrodite's son
 31. Three on sloth
 32. Excavate
 33. Basketry stick
- BE SUBMITTED TO A CANDID _____**
43. Armor chest plate
 44. Tear into shreds
 46. "What fireworks do before exploding
 47. Takes to court
 48. Scraps
 50. Def Leppard's "Rock of _____"
 52. Plays for pay
 53. Be inclined
 55. Hole punching tool
 57. Mozambique's neighbor
 60. "What we celebrate on the 4th
 64. Lace loop
 65. Australian runner
 67. Mojave plant
 68. Friend in a sombrero
 69. Mitch's significant other on "Modern Family"
 70. Concentration of a solution
 71. Do over
 72. It's of the beholder?
 73. Don't take one's eyes off
- 34. Canvas prep**
 36. Like a bow string
 38. "Old Glory"
 42. Disconsolate
 45. _____ salad
 49. "Ross did this well"
 51. Gym rat's garb
 54. Daughter of a sibling
 56. In accordance with law
 57. One of no words
 58. Battery fluid
 59. Apple's apple, e.g.
 60. Be furious
 61. It's often crunched
 62. Done
 63. Insignificant
 64. Golfer's goal
 66. "I wish I _____, I wish I might..."

For Solution See Page 7



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

No Deal Broken

Dear Dave,
 Our son is about to graduate from law school. He took out a loan to cover the cost, but we've been paying on it for two years to help him out. Right now, the balance on the loan is about \$76,000. We could continue paying it off, but my husband is hesitant. How do you feel about this situation?
 - Patty

Dear Patty,
 It's not a bad thing if you guys decide to continue helping him out by paying off the rest of the loan. But I don't want you to feel as if you're obligated in any way. No deal has been broken here, and you haven't reneged on a previous agreement. But there's absolutely nothing wrong with a young lawyer earning a living and paying off his own debt. He can roll up his sleeves and clean up the mess he participated in making.
 If you do decide to pay it off, that's an incredibly generous gift. In my mind, it should be met with much gratitude and appreciation. It should also be accompanied by a signed letter of agreement from him stating that he will never, except in the case of a 15-year, fixed rate mortgage,

Dave Says

borrow money again.
 In other words, I'd want to see some kind of permanent commitment and recognition of the fact that you guys have changed your family tree. I'd want this kid to be affected in a deep and profound way by this gift; so much that his kids would also be affected in a positive way by your behavior and by his in the years to come!
 - Dave

No Downside...if

Dear Dave,
 Is there a downside to refinancing your home often?
 - Katrina

Dear Katrina,
 There's really no downside to this, as long as each time you do a refinance you lower your interest rate enough to allow you to recoup closing costs before you move. In other words, you have to first make sure the numbers work.

First, calculate the amount of money you'll save as a result of a refinance. The way to do this is by multiplying the interest difference by your loan balance. If you have a \$200,000 mortgage on a 5 percent loan, and you

refinance to a 3 percent loan, that will save you 2 percent per year, or \$4,000. Next, look at the refinance costs. What are the closing costs in order to refinance? If it's \$10,000, and you divide that by \$4,000, that says it would take two and a half years to get your money back. If the costs are \$8,000, it would take you two years to get your money back if you're saving \$4,000 a year. That's pretty substantial!

What I just laid out is called a break-even analysis. Basically, it answers the question of how long it will take you to get back the money you spent on closing costs with the interest you save. That will give you the answer as to whether or not you should refinance again.

So, there's not really a "you've done this too often" rule. If you refinance three times in a year it would only be smart if interest rates have dropped significantly throughout that time. Doing a refinance to save an eighth of a percent won't work out well for you.

- Dave
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6					9	4		
	5	8	2			6		
		7	6		5	2		
		6			4	5	1	
		4	1					8
1	2				7	3	4	
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For Solution See Page 7.

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Riley Reviews

ZOMBIE ATTACK IN "WORLD WAR Z" THRILLS WITH LITTLE GORE

A Film Review by Tim Riley

WORLD WAR Z (Rated PG-13)

The fact that World War Z is rated PG-13 may be more informative than the film's advertising about the frightening aspects of a global zombie invasion. Most zombie films are full of blood and gore.

World War Z, directed by Marc Forster, relies on suspense and gnawing tension as the zombie contagion spreads quickly into an almost irreversible apocalyptic demise of the Earth.

This is not George A. Romero's Night of the Living Dead. It's not even what Quentin Tarantino would likely envision if he had the chance. The use of blood and gore is minimal.

The film opens with Brad Pitt's Gerry Lane, a retired United Nations investigator and global troubleshooter, making breakfast for his wife Karen (Mireille Enos) and two young daughters.

The morning TV news talks about a rabies outbreak in some desolate region of the globe. Nothing appears to be completely out of the ordinary, but we are left waiting for the proverbial shoe to drop, and it soon does.

All hell breaks loose during the morning rush-hour drive in downtown Philadelphia, as Gerry chauffeurs his family. At first, police helicopters cruise above and motorcycle cops rush through the streets.

Then complete panic and havoc reigns, as cars are overturned and

the moment, in the war against the undead – particularly in the walled city of Jerusalem.

In what looks like the siege of an ancient medieval city, the zombie attack on Jerusalem – where the sheer number of the undead allows a pyramid of bodies to breach the wall – is one of the film's most chilling action pieces.

Gerry teams up with brave, yet wounded, female Israeli soldier Segen (Daniella Kertesz) to get to the airport, catching the last commercial flight out of a city that is rapidly falling into the clutches of the flesh-eating zombies.

With the help of his new colleague, Gerry is hoping to make it to a remote World Health Organization (WHO) facility, where reportedly a group of scientists have isolated themselves from other colleagues already infected.

The airplane ride turns out to be another exciting action piece, which is better left as a surprise. I will say, however, that riding first-class is a better idea than coach.

Okay, a very implausible thing occurs, but Gerry and Segen – against all odds – make it to the WHO's medical research facility, where the key to saving the human race may be found in a lab occupied by zombies.

The trick, of course, is for Gerry to figure out a way to sneak into an undead-infested facility to retrieve toxic substances that may, or may not, prove effective in repelling the zombies.

Interestingly, the film's climax doesn't fit the chaotic, action-filled sequences that came before, when the fight against the zombies involved plenty of brute force.

And yet, World War Z sustains its thrilling suspense to the very end. In fact, when Gerry inoculates himself and stares down a zombie madly clicking its teeth, the scene is just as exciting.



POPOFF!

with Mary Jane Popp

SHAPING UP!!! PART II

How many times have you heard these excuses when you thought about weight loss? Perhaps you might have even used a couple of these yourself...like "I don't know how to get started" or "I'm too exhausted" or "I hurt too much." Well, it's time to get off your duff and do something about it and now. Last time we got through six of **Lisa Lynn's** exercise busters. Now it's time to get the next four so you can get your routine going. If you remember, Lisa Lynn specializes in metabolic disorders and personal training. She actually was personal trainer for THE Martha Stewart for some thirteen years and she is a regular contributor for the Dr. Oz show. So, let's get to the next four steps to take to get started losing that weight. By the way, Lisa told me this stuff is not negotiable. You've got to be dedicated. Hey, if Martha Stewart found the time to do it, so can we! Here goes:

7) Limit your fat to no more than 20 grams for women and 25 for men if you're serious about losing that excess fat you keep tugging at. Fat will never leave if your feeding it the foods it loves and fat cells love fat and carbohydrates! This includes all fats including the healthy ones. This is where most people get confused, but it's very simple. Your body needs a lot less fat than you think or want to admit. Start keeping

track of ALL fats and write down the amount you eat daily. Be sure to count all fats including

*Egg yolks
Nuts and nut butters
Flax*

*Salmon and fatty fish
Salad dressing
Cheese*

Oils ALL!! Even olive and coconut oil!

Look at all omega 3 supplements as well. It counts toward your daily total.

Olives

*Protein bars and protein shakes
Protein contains fat, so look it up and be precise. If you're eating 6 ounces instead of 3, your fat # will double. 6 ounces of chicken has 20 grams of fat!*
That's your female quota.

*Chocolate including dark
Creamers, coconut milks, soy milks (these usually have carbs and sugar too, so they are great for weight gain)*

Look everywhere, even the most unsuspecting foods contain more fat than your body can metabolize...especially if you eat out!

8) Don't drink alcohol when you're trying to lose weight. It's a metabolic nightmare. No matter how much you starve yourself or over exercise, it's a fat loss nightmare. You'll feel better and leaner! And no, not even carb free vodka. There is nothing good in alcohol. It's bad for your waistline, and it's a depressant. Need to relax you say? That's what exercise is for. It's THE best anti-depressant on the planet, and it won't make you belly fat!

9) You can't be fit unless you are spiritually fit. Be sure to nourish your spirit daily! You'll feel to

tally healthy when your spirit is as fit as your body. Studies show that spiritual people are the happiest people above the fittest athletes! A belief in a power greater is crucial for results, especially if you have been stuck or can't seem to make changes. This is why it's crucial to curb all addictions including over exercising, shopping, or health food addiction. Addictions truly block us from true happiness. Any outside influence to curb inside feeling is an addiction, and that's why drinking is wrong on many levels. Trust me, you'll have more fun living a healthy lifestyle! You won't be sorry!

10) Supplement to end your struggle. Supplements are a huge help (aka miracle in a bottle as seen on Dr. Oz) when used in conjunction with a lean-clean diet and exercise. In fact, supplements can help rid your body of that unwanted fat that's been hanging around your stomach and thighs. I suggest starting with your priorities or your top struggles.

So here's the start with Lisa's Ten Tips to get started losing those extra pounds. She has lots more tips of the trade at her website www.lynnfit.com.

She has been featured on Dr. Oz and numerous TV and Radio Shows across the country. When Lisa talks, the rich and famous listen. But you don't have to be rich and famous to follow her guidelines! It's a combination of body, mind, and soul. How can you miss?!!! In this case, losing is WINNING!!!

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They're Back!

This Grammy Award-winning American folk music group will perform two live concerts as fundraisers for the Fair Oaks Theatre Festival and the New Christy Minstrels Foundation.

Under the direction of Randy Sparks, the group has sold millions of records and launched the careers of several musicians including Kenny Rogers, Gene Clark, Kim Carnes, and Jerry Yester. Known for hits like "Green, Green," "Saturday Night," and "Today," the group played to a sold-out house last year, so get your tickets early!

Saturday July 27th
& Sunday July 28th

Fair Oaks Community Clubhouse
7997 California Avenue,
Fair Oaks, 95628

916.966.3683

For Further Information:

FairOaksTheatreFestival.com
www.thenewchristyminstrels.com

Tickets Prices:
All Seats
\$20
(no FOTF discounts apply)



Commentary by
Elise Spleiss

There was a time, not so long ago, when our flag – I believe – did not have as much meaning as it does today. It was just a part of our lives, and we took it for granted. I know I did.

Growing up in the '50s and '60s, I assumed it would always be around, always representing my country, and always respected by our citizens. But unfortunately, this did not happen, and the flag began to be treated badly. Allowed to fly unmanaged, never folded and brought in at night, many became dirty and tattered. Disgruntled groups

burned others in protest. Yes, this is legal, but still sad. And our flag began appearing on inappropriate items. I never realized it, but we are not supposed to “wear” a flag in any form, yet so many different items with this precious image are created to be wrapped around us, and worn on our body and feet. We have rugs we walk on, napkins to wipe our faces, and even cloth bearing this precious image on which we sit.

This misuse remains, but on Sept. 11, 2001, we found ourselves with a renewed respect and appreciation for our flag.

Following a catastrophic attack on our American values and freedom, our pride suddenly – once again – exploded.

We saw our American flag on homes, on posters in businesses of every kind, on numerous pieces of clothing – again, many inappropriate. I think we just did not know, but maybe for a moment it was all right.

Of course, many of us remember those mammoth flags fluttering from or mounted to the windows of cars and trucks. Today I'm beginning to once more see the fluttering flags attached to the windows of vehicles.

It felt good then, but it's too bad it had to take a national disaster to bring us a renewed appreciation of our flag.

Remember the photo, taken of three firefighters raising the flag above the rubble of the World

Trade Center – Raising the Flag at Ground Zero? It was reminiscent of the famous 1945 WWII photo of six Marines raising Old Glory over Iwo Jima. Thomas E. Franklin, the photographer of the new photo, said of it, “This was an important shot. It told of more than just death and destruction. It said something to me about the strength of the American people and of these firemen having to battle the unimaginable.”

One of the three firemen in the photo, Dan McWilliams remembered that, as the flag was being raised, other fire personnel yelled, “Good job” and “Way to go!” He said, “Every pair of eyes that saw that flag got a little brighter.” I think this pretty much confirms what our flag means to us.

It has been over 10 years since 9-11, so why is this topic becoming important again? I believe

it's because everywhere we look today in this country, we see on TV, hear on the radio, and read in print how our borders, our language, our American culture, and our way of life are being compromised in the name of “political correctness.” We are being led to believe that when we're too proud of our own way of life, of our freedom and uniqueness, we are insulting another's “way of life.” This is when it gets dangerous.

We still welcome all who desire to come to this country with integrity, as they embrace our culture alongside their own. We welcome them as they learn our language, and come to appreciate and love the American way of life that already exists here as much as we do. We learn from each other.

This is what our flag means to me. What does it mean to you?

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An incorrect ad ran in a previous issue. The above ad is the corrected version for 2013.

Cinder-Ella

A one-hour children's show even grownups will enjoy!

All of your favorite characters are here in John Lee's wacky, hilarious rendition of the classic tale, including Elly, a wise cinder-covered girl, two ridiculous stepsisters (Marmaduke and Falafel), and handsome Prince Johann. But in this telling, we also meet Tok Tok, Elly's irrepressible mouse-friend, the gentle elder, Faithful John and a fairy godmother unlike any you have ever seen named Dame Peridot, Queen of Faerie Earth Magick. Colorful costumes, larger than life characters, and more than a few surprises will keep the whole family laughing in this delightful children's show!

By John Lee (Theater Director of Fairytale Town) • Directed by Tracy Martin Shearer
 Location: Fair Oaks Community Clubhouse 7997 California Avenue, Fair Oaks, 95628
 Dates: Saturdays, July 6, 13, 20, 27
 Two shows each day: 10am and 12noon • Ticket Prices: All seats \$4

For Further Information: (916) 966-3683 • FairOaksTheatreFestival.com

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