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Savor the Best of Local Flavor

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# Carmichael Times

Volume 33 • Issue 20

Serving Carmichael and Sacramento County since 1981

May 15, 2013

**Places!  
Lights!  
Curtain Up!**



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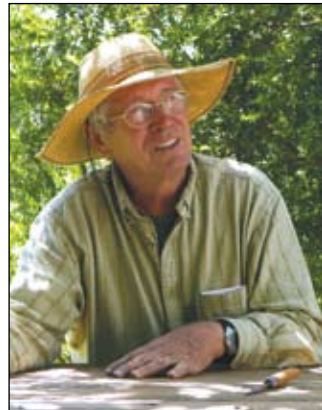
**Carmichael Celebrates Cinco**

At Carmichael's Rey Azteca Restaurant, the Littlest Mariachi was Awed by Visiting Musicians.



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**A Garden of Eden in Fair Oaks**



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## Gala to aid Cherished Gem



Effie Yeaw's June 8 gala and art auction will include canvases by celebrity artists and scores of paintings with wildlife or river themes. The Nature Center's resident owl Echo (right), will be among animal ambassadors on hand to greet guests at the Carmichael event. Photo by Susan Maxwell Skinner.

Words and photo By Susan Maxwell Skinner

SACRAMENTO, CA – (MPG) If art imitates life, art is also helping sustain the life of one of Sacramento County's most cherished institutions -- the Effie Yeaw Nature Center.

Following the success of three previous "Painting Where the Wild Things Are" fundraisers, the center will host its fourth annual art gala on June 8. An evening gala will provide dining, animal encounters of the closest kind.

Celebrities will include a red shouldered hawk called Skye and a magnificent great tufted owl called Echo. Both rescue birds, they are among the Nature Center's resident ambassadors.

As a star turn, a live auction will offer work by A-list professionals such as Jian Wang, Terry Pappas, Maria Winkler, Gregory Kondos and other painters. For \$50, gala admission includes the catered meal, wine, music and free parking. The setting is Effie

Yeaw's picturesque front yard nature area.

But best news for supporters is the event's endorsement by Sacramento philanthropist and Parkway lover Marcy Friedman. Having raised a family near the American River and enjoyed the Parkway for 40 years, the Carmichael resident presents an authoritative voice: "I marvel at the foresight of those who fought to set aside land to provide access to an urban wilderness in the heart of a large metropolitan area," said Friedman.

"The entire Parkway is a unique treasure that brings Sacramento to the doorstep of nature. If the American River is the heart of this experience, then the Effie Yeaw Nature Center is its soul. The Center is an invaluable resource that connects students and adults to nature, teaching them to appreciate and protect the fragility of their heritage." Friedman also commended

stalwart donors, volunteers and staff who keep the Center ticking. "It is largely through them that this 80-acre classroom continues offering a rich educational experience," she said.

June 8 Proceeds will fund learning programs and maintain Effie Yeaw's 77-acre wildlife sanctuary. Dissecting the American River plain, preserve trails and their inhabitants draw over 100,000 visitors a year. Though previously supported by Sacramento County, the popular attraction lost all public funding after budget cuts in 2010. Effie Yeaw is now administered by the American River Natural

History Association (ARNHA) and depends wholly on community support.

Gala partners are artists from the Sacramento Fine Arts Centre, many of whom compete for awards at the banquet. Their "Wild Things" paintings can be previewed now at the Fine Arts Center (Gibbons Drive), Carmichael. Sponsors of the gala include: ARNHA, Western Health Advantage, David Sobon Auctions and the Bank of Sacramento.

For information on the gala fundraiser, call (916) 489-4918 or visit [www.sacnaturecenter.net](http://www.sacnaturecenter.net).

## IRS Apology Not Accepted

From TheTeaParty.net to IRS WASHINGTON, D.C. (MPG)-- In response to IRS officials today (May 10th) admitting that its agents actively targeted Tea Party groups for increased scrutiny during the 2012 election, the nation's largest Tea Party group and a subject of IRS inquiries over the past year, issued the following statement:

"What we've long suspected to be the case is now confirmed to be true. The Obama administration has used the IRS as a political weapon. The IRS may claim that it is 'sorry.' But given the damage that has been done, their apology is not accepted," said Niger Innis, Chief Strategist for TheTeaParty.net.

"What would Democrats have done if the Nixon administration ordered the IRS to actively target the National Organization of Women or the American Civil Liberties Union? Nixon had his own enemies list and resigned. These activities are eerily similar, and yet Obama remains in office even in light of Fast and Furious, the Benghazi tragedy, and now the active targeting of his political opposition. We demand a thorough independent investigation into who did what, when, why, and how far up into the administration this scandal goes. We would expect intimidation like this from third-world, tin-pot dictators, not our own US government."

## Gas Prices Climbing Again

SACRAMENTO REGION, CA – (MPG) Average retail gasoline prices risen 13.8 cents per gallon in the past week, averaging \$3.95/g yesterday, according to GasBuddy's daily survey of 720 gas outlets in Sacramento. This compares with the national average that has increased 6.2 cents per gallon in the last week to \$3.57/g, according to gasoline price website GasBuddy.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday are 11.4 cents per gallon higher than a month ago.

"Many motorists remain skeptical of the so called reasons that we blame higher prices on: refinery production and maintenance, tightening supply, and the now completed switch over to EPA mandated cleaner summer gasoline. Tight gasoline supply exists especially along the West Coast, and other factors are coming into play in some of the bigger metro areas where more expensive reformulated gasoline has hit pumps," said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan.

Visit [www.SacNatureCenter.net](http://www.SacNatureCenter.net)

## SMUD Invites Public Input on Proposed Rate Actions

SACRAMENTO, CA – (MPG) The Sacramento Municipal Utility District (SMUD) Board of Directors is holding two public workshops and a public hearing to discuss proposed rate changes to begin in January 2014.

In the General Manager's Report & Recommendation (Report), released by SMUD General Manager & CEO John Di Stasio, staff outlines a proposed two-step rate increase of 2.5 percent in both 2014 and 2015 for all customers to meet projected shortfalls resulting from the higher costs of renewable power required by the state, the increase

in the number of participants in the low-income energy assistance program, and debt service obligations. SMUD's rates remain lower than most other utilities in California. Of the 19 largest electric utilities in the state, SMUD has the third lowest average cost per kWh. The Report also recommends a restructuring of the residential rates that will be phased in gradually over four years to better align rates with SMUD's cost to serve customers. This restructure will help residential customers make better informed choices about their energy consumption and utilizes

new smart technology. SMUD seeks to transition to flat rate pricing with the goal of recommending time-based pricing by 2018.

The Report also addresses the following items:

- A new approach to the Energy Assistance Program Rate (EAPR) for low-income customers to help neutralize bill impacts by increasing the discount but adding a cap to the total discount.
- Modifications to street lighting rates making efficient LED lighting more cost beneficial.
- New Combined Heat and Power (CHP) rate for non-renewable

generators.

- Revised late fees for public entity commercial customers.

- Reduce bill impacts to small commercial customers by combining demand and energy criteria for the small commercial rate.
- Revisions and modifications to the Rates, Rules and Regulations to enhance clarity and consistency.

All three meetings will be held at the SMUD Headquarters building, 6201 S Street, Sacramento, 95817.

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

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

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

Information on the proposed rate action and a complete copy of the General Manager's Report and Recommendation can be found on [smud.org/rateinfo](http://smud.org/rateinfo) or at all Sacramento County Public Libraries.

If you have specific rates questions, contact SMUD's Rates Administrator at [rates@smud.org](mailto:rates@smud.org) or call (916) 732-6222.

Source: SMUD Newsroom

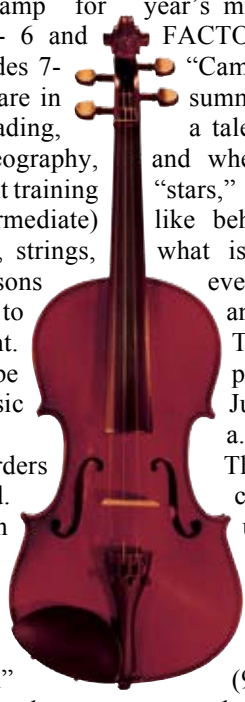
[www.CarmichaelTimes.com](http://www.CarmichaelTimes.com)

# Music Camp Announced

## Places! Lights! Curtain Up!

CARMICHAEL, CA – showcases the children's (MPG) Join in five fun-filled newly learned talents. This days at Music Camp for year's musical is THE STAR children in grades 1- 6 and FACTOR. The setting is youth mentors in grades 7- 8. Participants can share in rhythm and note-reading, movement and choreography, and musical instrument training (beginning and intermediate) on woodwinds, brass, strings, and guitar. Lessons require the student to have an instrument. (Instruments can be rented at any local music store.)

Chimes and recorders will be provided. Students can participate in a jam session, a really fun class, where students can learn simple rhythms, then "jam" with everyone playing what they want. There will be singing lessons and music games. The week concludes with a musical performance that



showcases the children's newly learned talents. This year's musical is THE STAR FACTOR. The setting is "Camp Heart and Soul," a summer camp that features a talent show with a twist and where all the would-be "stars," not displaying "God-like behavior," finally learn what is important and that every person has a special and unique role to play.

The musical will be performed on Sunday, June 23, during the 9:55 a.m. worship service.

This week-long event costs only \$40 but fills up quickly. A snack will be provided each day. To register please call the church office at (916) 487-5192 or visit northminsteronline.org

Dates: 8 a.m. to 12 noon, June 17 – 21. Location: Northminster Presbyterian Church, 3235 Pope Avenue, Sacramento

# Taste of Carmichael 2013

CARMICHAEL, CA – (MPG) It's that time again to mark your calendar for the annual Taste of Carmichael. Join the Carmichael Kiwanis Club on Saturday, May 18th as they roll out the best of what Carmichael has to offer.

The "Taste" runs from 4:30 to 8 PM at Carmichael's La Sierra Community Center at 5325 Engle Road.

You will find plenty to do all afternoon and evening as you sample from dozens of Carmichael's American and Ethnic restaurants, bakeries and markets.

Wineries from the local valley and foothills will be on hand to pour you their latest vintages. And while this is all going on, you will be entertained by live music from groups such as Sister Swing, Vintage Fair and the award winning Rio Americano Jazz Band. Come early, as you will want to check out the variety of vintage and classic autos on display.

Visit any of the number of booths and learn about local businesses and non-profit groups and see the designs of local and regional artists! The Taste of Carmichael also features a



You will be entertained by live music from groups such as Sister Swing (in photo), Vintage Fair and the award winning Rio Americano Jazz Band.

number of Raffles and a Silent Auction so you are sure to bring home a bargain.

Tickets for this year's festivities are \$35.00 and may be purchased at the door or in advance by contacting Layne

Richmond at 916-485-7468 or George White at 916-747-0196.

Over the years your participation in the Taste of Carmichael has helped the Carmichael Kiwanis Foundation's charities such as the Kiwanis Family

House and other local community projects. So bring your appetite and a friend or two, and join the others as you savor the best of local flavor...the Taste of Carmichael!

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**The 11th Annual**

# 'Taste' of Carmichael

**Saturday May 18th, 2013 4:30 to 8:00PM**

**La Sierra Community Center, 5325 Engle Road**

*Charity for Children, Youth and Community projects*

**Event Tickets \$35 per person at the door**

**For Event info & to Order Tickets**

**Call George 747-0196**

**or [www.CarmichaelKiwanis.com](http://www.CarmichaelKiwanis.com)**

# Carmichael Times

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



Publisher,  
Paul V. Scholl

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# Carmichael Celebrates Cinco



Entertaining at Rey Azteca restaurant, the Miktlantekuhltli dance ensemble contained three generations of a Sacramento family. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL, CA – (MPG) Dancing, music and many, many margaritas marked Cinco de Mayo at the weekend in Carmichael.

The date recalls a Mexican military victory over the French in 1862. Not to be left out, our Park District offered piñata-bashing in Carmichael Park. With the holiday falling on a weekend, mariachi songs rang out all day from many points on Fair Oaks Blvd. Mexican restaurants rejoiced in record trade. Many staged folkloric and Aztec dancing.

Here are some highlights from local celebrations.



Reyna Lucero (right) led her troupe in thousand-year-old dances from the Aztec civilization of Central Mexico. Her apprentice is niece Ileana Delgadillo. Photo by Susan Maxwell Skinner.



Pheasant feathers decorated elaborate Aztec head dresses. Photo by Susan Maxwell Skinner.

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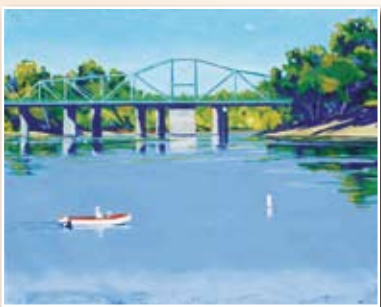
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## FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY



The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day ceremonies in the area.

The Fifteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 25, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM.

This year's theme is to honor "Our National Cemeteries", with the emphasis on Hawaii's Punch Bowl. The Punch Bowl is a cemetery located in Honolulu, Hawaii that serves as a memorial to those men and women who served in the U.S. Armed Forces.

Dedicated on Sept 2, 1949, approximately 53,000 WWI, WWII, Korea, Vietnam veterans and their dependents have been interred. It is administered by the National Cemetery Administration of the U.S. Department of the Veteran Affairs and is listed on the National Register of Historic Places.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." They will be adding more names to the Veterans Memorial Wall. The Honored Main speaker will be Allen Hearl, Retired Navy Chaplain.

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

Chairman of the Fair Oaks Cemetery District Memorial Day Committee, Tom Askins will be the Master of Ceremonies. The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner.



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Dr. Bob Graykowski



Bicycling – whether it is on the open road, a stationary bike, or in spinning classes – is a phenomenal way to get into shape and stay that way. Unfortunately, the sport may also up the risk of a myriad of injuries. That's why professional cyclists turn to chiropractic care to ward off cycling-related injuries, and maximize performance. You don't have to be Lance Armstrong to reap the cycling-friendly advantages of chiropractic care. Recreational cyclists also benefit from chiropractic's unique approach to preventing sports-related injuries. At Chiropractic USA, we encourage patients to review safety information and learn how chiropractic can help thwart – and even prevent – bicycling injuries.

**Neck and Back Pain**  
Bicycling-related neck and back pain is sparked by a cyclist's body position while riding, which typically involves overextension of the neck coupled with a hunched lower back. Both of these postures may result in misalignment of the spinal bones (vertebrae), in turn spawning a common condition known as vertebral subluxation. Vertebral subluxations can spark carpal tunnel syndrome, a disorder that is exacerbated by gripping handlebars for extended periods of time.

We at Chiropractic USA recommend the following prevention strategies:

- Stretching exercises
- Shortening the handlebar reach or adding forearm rests
- Adjusting the tip of the saddle angle slightly upward (10-15 degrees)

# How to Prevent Cycling Injuries

- Regularly changing hand and arm position on the handlebars
- Keeping elbows slightly flexed while riding

**Hip and Knee Pain**  
Cycling-related knee pain is commonly incited by incorrect foot position, which may result from positioning the saddle too far forward or too low. Research reveals that correction of the bicycle set-up, strengthening and stretching adjacent muscles – including the hamstrings can prevent cumulative stress injuries.

**Ulnar Neuropathy**  
If you are the kind of cyclist who rolls down the road with a death-grip on the handlebars, we at Chiropractic USA urge you to loosen up! Distance cycling may promote physiologic changes in the deep branch of the ulnar nerve, consequently provoking symptoms associated with wrist pain, carpal tunnel syndrome and other disorders.

Experts suggest a proper fit to your bike would have handlebars at least one to two inches below the top of the saddle (up to four inches for tall cyclists). The distance between handlebars should be the shoulder width of the rider: the exception being mountain bicyclists, where this distance should be slightly wider. Wearing cycling gloves can also provide padding to help prevent nerve compression and protect hands from "road rash."

**Focus on Fit**  
One size does not fit all when it comes to bicycles. Frame size, saddle position, reach distance to the handlebars and handlebar height must all be considered. The proper clearance between the frame and crotch (while standing astride the frame of the bicycle) should be one to two inches for sports/touring bicycles and three to six inches for mountain bikes.

**Fancy Feet**  
While cycling, always keep feet in a neutral position – no pointing upwards or downwards. Make sure the ball of the foot rests over the axis of the pedal.

**Know the Facts**  
When it comes to bike injuries, mountain-bike enthusiasts have the highest risk of factors. There is a threefold increase in the incidence of mountain biking injuries over the last 10-years. Orthopedic injuries were most common (46.5 percent) – such as contusions, sprains and fractures to the hand, wrist, lower arm, shoulder, ankle and lower leg – followed by those to the head and spine.

On the other end of the spectrum are non-traumatic injuries (unrelated to accidents) including repetitive damage to the knees, neck, shoulders and hands for road cyclists. Doctors of Chiropractic also see considerable muscle, nerve and spine damage among patients who ride bikes without proper alignment.

- Be Proactive**
- Maintain regular tune-up schedule for your bicycle.
  - Choose a padded seat and padded biking shorts.
  - Opt for traffic-free bike paths whenever possible.
  - Leave headsets at home when biking on the road to remain aware of possible dangers.
  - Get a spinal check up before beginning your cycling routine

**The Chiropractic Approach to Preventing Sports Injuries**  
The chiropractic approach to preventing sports injuries aims to eliminate possible risk factors before the onset of pain. When an injury does occur chiropractic care allows cyclists to get back in peddling shape swiftly.

Want to learn more about how chiropractic can help keep you in top cycling form? Schedule an appointment today for a chiropractic cycling evaluation. Learn more about our community office; find us on Facebook-Chiropractic USA, or for weekly health tips join us at [www.applestozen.blogspot.com/](http://www.applestozen.blogspot.com/)

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# Traveling Dignity Memorial® Vietnam Wall Comes to Sacramento

## Community Invited to Pay Respects to America's War Veterans

FAIR OAKS, CA (MPG) – The Dignity Memorial® Vietnam Wall, a three-quarter-scale traveling replica of the Vietnam Veterans Memorial in Washington, D.C., will be open for public viewing May 24-27 at Mount Vernon Memorial Park and Mortuary, 8201 Greenback Lane in Fair Oaks, Ca. The sale of merchandise during the Wall's visit to Fair Oaks will benefit our non-profit partner, the Sacramento Blue Star Moms. For more information, please visit [www.DMvietnamWall.com/](http://www.DMvietnamWall.com/) Sacramento or call 916-969-1251.

Free and open to the public 24 hours a day from Friday, May 24 through Monday, May 27, the replica is eight feet high and 240 feet long. Its black, reflective surface is inscribed with the names of more than 58,000 servicemen and women who died or are missing in Vietnam. Paper and pencils will be provided so visitors can make rubbings of names etched on the wall. Volunteers will be on hand to assist in finding names on the Wall, leaving memorabilia and educating visitors about the history surrounding the Wall.

"The monument was created as a service to those who might never travel to the nation's capital to experience the Vietnam Veterans Memorial firsthand," said Marc Johnson, manager of the Sacramento-area Dignity Memorial providers. "Our replica offers visitors a chance for healing and reflections, and we are very pleased to be able to share it with the community."

Activities and ceremonies planned in conjunction with the exhibition include the following:

- On Wednesday, May 22, riders from the American Legion in Citrus Heights, the Patriot Guards, California Highway Patrol, Valley Motor Escorts and members from local motorcycle clubs will stage at Sacramento Valley National Cemetery, 5810 Midway Road in Dixon, and plan to leave at 10 a.m. to escort the replica to Mount Vernon Memorial Park and Mortuary. Setup and construction of the Wall will commence upon its arrival.
- Visits to the Wall on Thursday, May 23 will be restricted to school programs and designated groups.
- The Opening Ceremony, featuring speakers and dignitaries, will take place at 6:30 p.m. on Thursday, May 23, when the Wall officially opens to the public.
- The Memorial Day Ceremony will begin at 11 a.m. on Monday, May 27 followed by the Closing Ceremony and the official closing of the Wall at 8:00 p.m.
- Thursday, May 23 – Monday, May 27, booths will be set up offering merchandise and mementos.
- On Tuesday, May 28, the Wall will be deconstructed, loaded onto the truck and depart Fair Oaks.

For more information on the activities and ceremonies planned in conjunction with the exhibition, please visit [www.DMvietnamWall.com/Sacramento](http://www.DMvietnamWall.com/Sacramento).

After Fair Oaks, the exhibit will be on display at the National Infantry Museum at Fort Benning, Ga.


Dedicated to all Americans who served in Vietnam and honoring all veterans of the U.S. military, the Dignity Memorial Vietnam Wall was created by

the Dignity Memorial network of funeral, cremation and cemetery service providers in 1990. To date, the replica has traveled to more than 200 cities across the country and has been visited by millions of Americans.

"Dignity Memorial providers consider it an honor to serve those who served our country," Johnson said. "The Dignity Memorial Vietnam Wall is just one of many efforts of the Dignity Memorial network to honor and support our nation's veterans and active military personnel." Other initiatives and programs include the Veterans Planning Guide, the Dignity Memorial Homeless Veterans Burial Program, educational veterans seminars and special pricing and benefits for members of three veterans service organizations.

The Dignity Memorial network of more than 1,800 funeral, cremation and cemetery service providers is North America's most trusted resource for funeral and memorialization services. Dignity Memorial providers offer an unmatched combination of products and locations serving families with care, integrity, respect and service excellence. For more information, visit [www.DignityMemorial.com](http://www.DignityMemorial.com).

The Sacramento Blue Star Moms, a 501(c)(3) non-profit veterans service organization, provides support for active duty service personnel, promotes patriotism, assists veterans organizations and are available in homeland volunteer efforts to help our country remain strong. For more information, visit [www.SacramentoBlueStarMoms.org](http://www.SacramentoBlueStarMoms.org).



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## PUBLIC NOTICE

### SMUD INVITES PUBLIC INPUT ON PROPOSED RATE ACTIONS

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

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

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

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

The Report also addresses the following items:

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

**Public Workshop** Tuesday, May 28 - 6 p.m.  
**Public Workshop** Tuesday, June 18 - 10 a.m.  
**Public Hearing** Thursday, July 18 - 9 a.m.

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

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

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



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# SMUD Asks Customers to Take Safety Precautions Before Digging

SACRAMENTO REGION, CA – (MPG) Whether planting a tree, building a deck, putting in a pool or putting up a new fence, be sure to include an important safety step prior to starting the job. Call Underground Service Alert (USA) a minimum of two business days before beginning to dig to find out if there are any dangerous underground utilities

such as power lines in the area. Whether you are doing the job yourself or hiring a professional, smart digging means calling 811 or going online to call811.com before each job. The Sacramento Municipal Utility District and other area utilities such as gas and cable television will be contacted to determine whether they have underground

facilities at the excavation site. Underground utility lines are not always located in the street; some utilities may be located in backyard easements. Digging into an underground electrical line can cause power outages and personal injury or death.

Source: SMUD Newsroom

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By Karen Anderson

It is a wonder to me (and we all do this) how the plans are all made for the day. You have everything all mapped out, then at the end of the day you wonder why nothing worked out as you planned. Do you know why that is? You missed a very important element...God. It is more than just bringing God into your day. It's that you made the plans without Him and asked Him to agree with you. When you think about this, it is really foolish because God knows so much more than you do. I sometimes wonder what God must think when plans are made without Him and then we just

## You're God's. Period.

want His approval. How silly is that? In my own life, I can just see Him smiling, knowing what is waiting for me around the bends of my day. It's not what He wanted for me, but in my arrogant attitude that I know what is best for me, I blow it every time. He is always right, that unexpected bend in the road was hiding something totally unexpected that I didn't see it coming and it swamps me. God knows best and if I had followed His lead and asked for His direction I probably would have avoided it. You know that the obstacles are what the enemy is throwing out there to trip me up and he does his job very well. I have the bumps and scrapes to prove it. Sometimes my problem is that I still don't see it when I pick myself back up. I wonder why everything went wrong and start complaining to God that He wasn't there when I needed Him. I know deep down that God cares for me but this would sometimes make me question Him. Was I simply one of the masses and He just didn't have time for me? What a

silly thought! The problem was and sometimes still is that I need to ask what He wants for me. Then, I need to be willing to follow His direction. The Word says, "I'm single-minded in pursuit of you; don't let me miss the road signs you've posted." I can tell you from personal experience, if you will open your heart and mind to God, life will be better. It isn't an easy road, but you have a brilliant spotlight showing you the path. Listen and follow Him and your day will go smoother and you won't be tripped up by Satan himself. God's light has illuminated the enemy himself so you will see him. **PASSAGE:** Psalm 119:10 (The Message) *Karen Anderson is an accomplished speaker, author, and chaplain. Women's Retreat planned for March 2014 at www.renewingyourspiritretreat.com. Receive a copy of her latest book, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts" series. Leave a message or questions for Karen through her website www.doablesteps.com/contact.*

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# Rudolph Steiner's Garden of Eden in Fair Oaks



Harald Hoven, Director of Rudolph Steiner College's Biodynamic Gardening Program. Photo by Bruce Duncan

By Wendla McGovern-Duncan

SACRAMENTO COUNTY, CA- (MPG) Vehicles rush by Rudolf Steiner College on Fair Oaks Boulevard everyday, bypassing one of the most vibrant and serene gardens in our area, the Raphael Biodynamic Garden. "We want to be part of the community, so the public is welcomed here – just for the joy of being here," says Harald Hoven, the garden's director. "We are an valuable community resource, but so few people know about us."

This vigorously productive garden is a must for garden lovers, locavores (people who eat food grown locally), and gardeners who want to learn more about biodynamic gardening through volunteering at the garden or taking workshops at the college. The public can meander across the three acre garden and marvel at the thriving vegetables. Right now there are rows of leeks almost three feet

tall, huge red and green lettuce heads, and deep green mustard and beet leaves. One acre is an orchard of pear, apple, and stone fruit trees. Visitors can relax near the cascading fountain and watch sheep graze on the hill across the way. The public can contribute to the garden and their own health by signing up for boxes of produce on a weekly basis with a one year membership, to be picked up at the garden on Tuesdays and Fridays after 3 pm. Volunteers can help harvest and learn more about biodynamic gardening at the same time on Tuesdays from approximately 9 am-1 pm.

There are monthly gardening workshops most of the year. The next one, the "Weeklong Advanced Biodynamic Intensive," is from June 12 – June 16. Hoven, who is one of the instructors of this class, stresses that students who haven't taken other biodynamic gardening workshops would need to read recommended books

on the subject before getting his permission to take this particular workshop. All of these books can be gotten at the college bookstore. Finally, the college offers four apprenticeships in biodynamic gardening for one to two years. This apprenticeship qualifies for certification through the North American Biodynamic Apprentice Program.

Rudolf Steiner was a visionary writer and lecturer who initiated the Waldorf School movement in Germany in 1919. Rudolf Steiner College at 9200 Fair Oaks Blvd. is one of the country's leading centers for Waldorf teacher training. He also gave lectures that inspired the biodynamic gardening movement. "In 1924 Rudolf Steiner started the first organized organic agriculture," says Hoven. "He lectured on organizing a farm or garden to become a self-regulating organism."

Compost, including manure from the garden's sheep pen, is infused with fermented herbs and silica and wood ash, adding micro-nutrients before it is

worked into the soil. Cover crops such as buckwheat and oats are grown and then tilled in before they go to seed, adding organic matter. A spray of fermented stinging nettle leaves (which are high in calcium and other minerals) "strengthens vegetable plants, kicks off aphids, and reduces the stress of summer heat and dryness." Flowers attract beneficial insects that eat insect pests. Ducks are allowed to wander through the garden at times, controlling slugs and snails.

The Raphael Garden sprouted in 1987 after Rudolf Steiner College bought 10 acres of land to connect two other pieces of acreage. The college decided to start a biodynamic gardening department, and Hoven was chosen to become director because of his years of experience in the field. He was an apprentice of biodynamic gardening for four years in Germany, where he was born. Biodynamic gardening is a popular form of agriculture in Germany, Switzerland and the Netherlands, and has spread to many other countries worldwide. Hoven met his wife, Cynthia Hoven, an American citizen, while both were studying in Germany, and then they came to this country to work at a local medical center. She is an instructor of eurythmy (harmonious movement to music) at the college. "When this garden was first started our produce was sold to natural food stores and restaurants. Next, we tried a farmer's market on campus. All these efforts didn't support the garden," states Hoven. "In 1991 we started Community Supported Agriculture (CSA), where each person or family bought a share of the operation so we could devote more time to improving the garden and our seed saving program. We have 70 families who are supporting us in this way."

Within the last century 94% of open-pollinated vegetables and fruits in the United States had vanished. By 2005, the United Nations reported that 75% of the world's garden vegetable varieties had been lost. Consequently, the garden's most imperative goal is to preserve open-pollinated vegetable varieties. Saving and replanting seeds from the healthiest plants for years results in a selection of viable seeds that

variety has adapted quite well to the local climate and the garden's soil. It is a slow-bolting, sweet red-and-green lettuce that can be grown in the summer. Some tomato varieties that thrive in this area are Black Cherry, Black Krim and Black Prince, as well as some striped ones such as Green Zebra, Ananas Noir (Pineapple Rainbow), Tigerella, and Persimmon, an orange tomato. Other seed vari-



Inside Raphael Garden's greenhouse showing seedling flats. Photo by Bruce Duncan

are adapted to a particular soil type and climate. According to Hoven, hybrid seeds are dead ends because the genes of two similar plants are crossed to obtain the best traits of both, but when seeds from these plants are planted the next generation is an unpredictable mix of good or bad traits. Unlike hybrids, seed from open-pollinated plant varieties can be saved to plant another year's crop, provided sufficient isolation is ensured so they are not pollinated by another variety.

One vegetable Raphael Garden grows is Canasta, a Batvian (French Crisp) lettuce. Hoven has grown Canasta for 15 years, saving seed each year, so this

eties grown here include an early ripening watermelon named Sugar Baby, Red Kuri squash and Long Fall leeks. Packages of seed from the garden are sold at the college bookstore and are distributed nationwide by Turtle Tree Seed in Copake, New York. On May 19th, Hoven is teaching a mini-workshop on seed saving, tentatively scheduled for 11:30 am or after, at the Soil Born Farm's "A Day At The Farm" festival, located at 2140 Chase Drive in Rancho Cordova.

So next time don't bypass this Garden of Eden. Stop by and revel in Raphael Garden's lush beauty and tranquility. It could be the beginning of a beautiful friendship.



Raphael Garden 3 ft. tall Leeks in the foreground. Photo by Bruce Duncan

**Contact Info:**  
Raphael Garden/CSA - produce boxes - inquire about fees  
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email: raphael.garden@steinercollege.edu

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# Dropping the Benghazi Ball

Commentary by  
Dr. Earl Tilford

In the 1990s, the U.S. Air Force's self-descriptor for its capabilities was "Global Reach, Global Power." On September 11, 2012, as Americans were being attacked and killed in the Middle East, the global reach of air power was confined to the unrefueled combat radius of F-16 fighter jets. Additionally, the F-16s at Aviano, Italy apparently needed several hours to be combat ready. Hours . . . on the anniversary of 9/11.

Four decades ago, after returning from a tour as an intelligence officer in Southeast Asia, I reported to the Intelligence Early Warning Center (INEW) at Headquarters, Strategic Air Command (SAC). Warning centers existed at headquarters throughout the U.S. military and at the Intelligence and Research Branch in the State Department, at the Central Intelligence Agency (CIA), the National Military Command Center (NMCC) in the Pentagon and the White House. Secure Teletype machines connected SAC INEW to the warning centers at CIA, Defense Intelligence Agency (DIA), National Security Agency (NSA), and the NMCC. INEW also communicated via secure

telephone with every other intelligence warning center as well as the NMCC and White House. The word "FLASH" put watch officers in instant contact with the right party.

An American ambassador under attack at a U.S. consulate in a Muslim country would have generated a "CRITIC message" from the appropriate embassy. The reception of a CRITIC in INEW, at whatever hour, required the senior watch officer contact the SAC Director of Intelligence who then decided how to handle it. Had Benghazi occurred on September 11, 1972, 40 years ago, warning centers in Washington and at SAC Headquarters would have gotten the message in mid-afternoon on a weekday when all hands were on deck to make decisions. Appropriate area specialists would have been contacted within seconds of the CRITIC's arrival. In the case of Benghazi, the Department of State was critically affected.

Had the Benghazi attack occurred on a date as auspicious as 9/11, every U.S. intelligence warning center would have been on a heightened state of alert. We were especially attentive to dates marking events like the Tet Offensive of 1968, birthdays of leaders like Mao Tse Tung, the start of the Korean War, etc. We knew our enemies: the communist

countries and terrorists ranging from the Baader Meinhoff Group in Germany to the Palestinian Liberation Organization in the Middle East. Forces appropriate to cover contingencies would have been on alert, ready to respond. Intelligence officers also studied mistakes from Pearl Harbor in 1941, TET-68, and the capture of the USS Pueblo a few weeks later.

According to recent Congressional testimony, the State Department knew about the September 2012 Benghazi attack around 3:00 p.m Washington time. All hands were on deck in Washington, DC, including area specialists at every intelligence agency. Supposedly, the national security advisor was at his desk in the White House. News that terrorists were attacking a U.S. consulate with the ambassador on the premises should have gone directly to Secretary of State Hillary Clinton. A secure phone call to the White House, possibly vetted through the national security advisor, should have followed. If it didn't, someone was inexcusably inept.

Evidently, the extent of the Air Force's global reach must have shrunk considerably in the past few years. Although the Benghazi attack started after duty-hours at Aviano, it should have taken less than an hour

to prep F-16s for combat. Any weaponeer would have known to load highly accurate munitions sufficient to take out small targets without risking collateral damage. Our pilots are experienced at supporting troops in contact with enemy forces. The internal M61 Gatling gun spews 1,000 rounds per minute. Although F-16s carry only a few seconds worth of ammunition, it's enough to decimate the half-company of terrorists involved at Benghazi. Remarkably, on the anniversary of 9/11 U.S. fighter planes in the Mediterranean area were so unprepared for combat it would have taken "several hours" to get them over Benghazi. Although USAF tankers were unavailable, F-16s could have refueled at Italian air bases in southern Italy.

Did anyone ask?

Ineptitude and lack of ability to respond resulted from a policy mindset unwilling to acknowledge words like "war or terror" or "Islamic terrorism," despite the reality of the continuing war with al Qaeda and its affiliates. Our armed forces had appropriate capabilities but couldn't use them. Why?

The tragedy at Benghazi resulted from dereliction of duty spawned by an inane sense of political correctness coupled with determined deference to political expediency emanating from the highest levels of the Obama administration.

Dr. Earl Tilford is a military historian and fellow for the Middle East & terrorism with The Center for Vision & Values at

Grove City College. A retired Air Force intelligence officer, Dr. Tilford earned his PhD in American and European military history at George Washington University. From 1993 to 2001, he served as Director of Research at the U.S. Army's Strategic Studies Institute. In 2001, he left Government service for a professorship at Grove City College, where he taught courses in military history, national security, and international and domestic terrorism and counter-terrorism. © 2013 by The Center for Vision & Values at Grove City College. The views & opinions expressed herein may, but do not necessarily, reflect the views of Grove City College.

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## Metro Fire-Fire Camp

Applications Are Now Being Accepted For 11-13 Year Olds

SACRAMENTO REGION, CA - (MPG) It is time to sign up for Metro Fire's - FIRE CAMP. Fire Camp is a day camp sponsored by the Sacramento Metropolitan Fire District that takes place from July 9-12, 2013. Each day of camp 11, 12, and 13 year olds' are given a chance to see and learn the varied disciplines of today's fire service. It is a once in a lifetime experience, which instills self-confidence, teamwork and a basic understanding of the firefighter profession in a fun and exciting atmosphere.

The kids are grouped in "strike teams" of eight campers, and



Each day of camp, kids are given a chance to see and learn the varied disciplines of today's fire service. Photo courtesy of Sacramento Metro Fire Dept.

each strike team is mentored and supervised by two professional firefighters. Teams learn about the

job of a firefighter and experience first hand important life safety skills.

To attend FIRE CAMP, applicants must be 11, 12 or 13 years of age. Preference is given to applicants who live within the Metro Fire District boundaries. Applications and more information can be found on our website: [www.metrofire.ca.gov](http://www.metrofire.ca.gov). Applications are processed in the order in which they are received, so the earlier you apply, the better the chance of securing a position.

Sacramento Metro Fire, 10545 Armstrong Ave., Suite 200, Mather, CA 95655 (916) 859-4300 • [www.metrofire.ca.gov](http://www.metrofire.ca.gov)



Kids are grouped in "strike teams" of eight campers. Photo courtesy of Sacramento Metro Fire Dept.

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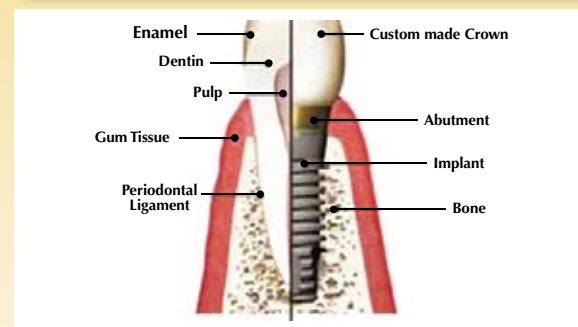
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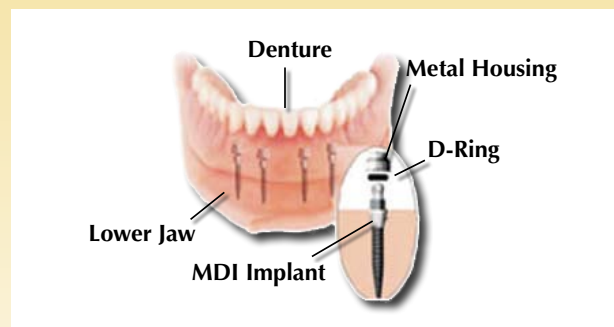
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