Carmichael Times



Mark Koller to retire after 36 years with **Mission Oaks Parks** and Rec District

Thousands Enjoy the Carmichael Elk's Annual 4th of July Parade

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Volume 31 Issue 27

Serving Carmichael and Sacramento County since 1981

July 6, 2011

Building a Legacy of Service and Civic Responsibility

Page 2



Casey Robbins is one of the young activists awarded for taking on genocide, better education, clean water and public gardens. Photos courtesy Morris + King Company

Carmichael – The Helen Diller Family Foundation and The Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties announced on June 24th the 2011 recipients of the prestigious Diller Teen Tikkun Olam Awards. Nearly 125 teens from across the state of California

were nominated and considered for this impressive award—five recipients were chosen to each receive \$36,000. Each Diller honoree has initiated an innovative social action project exemplifying tikkun olam, a central precept of Judaism meaning repair of the world. These volunteer projects have truly made

a difference in today's economically volatile world.

The teens will be recognized at a celebratory luncheon in San Francisco on August 29, 2011. This is the fifth year the awards have been given, and a special commemoration of past recipients and the impact their efforts have made in

the world will also be celebrated at the luncheon.

"This is the fifth year for our Tikkun Olam Awards and we could not be more excited by what these remarkable teens have achieved," said Helen Diller, president of the sponsoring foundation. "There is no doubt that this year's honorees see how much our world needs help. With creative and committed solutions, they are tackling global issues of access to education, availability of natural resources and distribution of sorely needed humanitarian aidwith every step they truly do repair the world."

Carmichael teen Casey Robbins heard a startling radio interview with Liberia's Deputy Minister for Public Affairs Gabriel Williams in which he spoke urgently about the need to rebuild the country after a 14-year civil war that ravaged Liberia's infrastructure. Inspired to help, Casev contacted Mr. Williams and decided she could best correct the pressing lack of educational materials in Liberia, by donating the surplus of books from her school. Thus, Textbooks for Liberia was born. To transport the textbooks overseas, Casey conquered excessive shipping obstacles including distance, rising gas prices, a stubborn recession and natural disasters. Now in its fifth year, Textbooks for Liberia has grown from its first donation of 450 books to nearly 4,000 each year – helping to provide a better and more meaningful education for her peers in Liberia. This spring, Casey took an incredibly moving trip to Monrovia, Liberia to meet with students who received the textbooks and visit the Casey Robbins International School, founded in honor of her tireless work. Casev's next shipment proves to be her largest yet, doubling in size with a 60,000 lb. container of textbooks to be shipped this fall.

Continued on page 5

California Taxes Heading in the Right Direction

Commentary by Senator Ted Gaines

On June 28, the Democrats put forward another proposed budget plan. It was the fourth Democrat majority vote budget attempt this year, and the fourth time I voted "no."

My plea for real pension reform, a hard spending cap, job creation and a change in the way government does business is clearly falling on deaf ears. Instead, this budget relies largely on the hope that an additional \$5.2 billion in new tax revenues will miraculously appear in the treasury. Should that additional revenue not materialize, education and public safety will pay the price with deep spending cuts.

I'm not willing to hedge that kind of a bet when our economy is still struggling and the unemployment rate continues to hover at 12 percent. I've said this time and time again we need to enact serious, long-term solutions that will not only prevent future financial meltdowns, but will encourage job creation and allow California's economy to recover. That's why I will continue to fight for the necessary reforms to get our state back on track.

Amid all of this budget debate, there is a silver-lining that is cause for celebration – taxes have started going down July 1!

In 2009, despite my strong objections, the legislature crafted a budget deal that raised the sales and personal income taxes, nearly doubled the state's already high vehicle license fee, and lowered the dependent credit allowed on state income taxes.

The June 30th expiration of the 2009 tax increases will allow the dependent tax credit to return to \$309 per child, up from the punitive \$99 of the past two years. The state sales tax will go down one percent. The vehicle license



Senator Ted Gaines

fee will drop from 1.15 percent of a car's value to .65 percent. The personal income tax increase had already temporarily expired after two tax cycles.

All told, this reduction in tax rates will save California taxpayers almost \$6 billion a year or approximately \$1,000 per family.

Enjoy the fact that for once, California taxes are heading in the right direction.

COMMUNITY Coffee CALENDAR

I have several "Community Coffee" sessions scheduled in July to give you all an opportunity to meet with me and discuss issues of importance to you and your community. I am continuing to add them to my calendar, so please check my website, www.senate.ca.gov/GAINES, for up-to-date information as Community Coffee events are scheduled.

Images from Operation Iraqi Freedom



Tony R. Ulep, self portrait.

Sacramento – No matter how one views the wars in the Middle East, the visual window into that world is a compelling and valuable one to experience. The photographs from Sacramento native Chief Warrant Officer-2 (CWO2) Tony R. Ulep's military service have resulted in a vast portfolio of fascinating cultures, architecture, landscapes, and blazing sunrises and sunsets.

His debut exhibition at La Raza Galería Posada shows his passion

for studying and experiencing other cultures combined with his love of photojournalism is apparent. Specifically, he presents photographs from his two Iraqi deployments, beginning in 2006. "My goal for any of my photographs," he says "is that they serve as both beautiful images and as visual archives of my experience. He credits his photography too, as a therapeutic tool for dealing with the stress of combat as well as a method for communicating his experience

The exhibition opens on Second Saturday July 9 and runs through August 13. The special artist reception is set for Thursday, July 14 at 7 pm.* La Raza Galería Posada is located at 1022-1024 22nd St. between J & K Sts. in Sacramento, California.

Artist Statement

"In May of 1991, I returned home from my service in Desert Shield/ Desert Storm and began the pursuit of my Automotive Technology degree. Later that year I took a photography class as one of my electives



A solider plays Shepherd. Photo by Tony Ulep.

because I remembered an unfortunate accident from a Maui vacation where I had exposed a full role of 35 mm film to sunlight. This incident fueled my drive to understand and operate my camera better.

I took hundreds of photographs of my family, friends, and military equipment for that first class as well as for 13 additional photography classes. I also took a part time job as a portrait photographer for a year and a half at Glamour Shots. During this time I found my niche for vibrant landscape photographs.

The photographs on display are from two Iraqi deployments. On my first Iraqi deployment (August 2006 to April 2007) I was at Camp Fallujah in the Al Albar Province, which is mostly Sunni Arabs. I was the Motor Transport Maintenance Officer and the Platoon Commander for 67 Marines. This was during

Continued on page 5

Improvements Coming Along Arden Way

From the Office of Susan Peters, Supervisor

The Department of Transportation has begun work on the Arden Way Improvement Project which consists of the construction of pedestrian and bicycle facilities along Arden Way from Eastern Avenue to Fair Oaks Boulevard.

This project was ranked number one in the high priority pedestrian upgrade category for pedestrian improvements in the Regional Bicycle, Pedestrian and Trails Master Plans.

The improvements will help complete the street by installing a new traffic signal at the intersection of Arden Way at Mission Avenue. The north side of Arden Way from Eastern to Mission Avenues will be widened to accommodate bike lanes along with the installation of curb, gutter, sidewalk and pedestrians ramps compliant with the Americans with Disabilities Act.

On the south side of Arden Way, the installation of a new sidewalk will provide continuous pedestrian facilities. Plus the installation of street lights throughout the project area on both sides will bring this section of Arden up to current standards.

An added bonus will be a monument sign identifying entry into Carmichael.

Funding for the Arden Way Improvement Project is through a combination of a federal grant and Measure A Sales Tax. The neighboring community was invited to an open house at Starr King School in March 2009 during the preliminary design phase and later SACDOT contacted individual property owners impacted by the planned improvements.

For more information about this project please visit the SACDOT website.



www.CarmichaelTimes.com

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Best "Fishes" Mark! Enjoy Retirement

By Julie Parker

"My dad used to tell people when I was 25 years old that he had the youngest retired son that he knew," says Mark Koller. "He worked on a farm, didn't graduate from high school, went into the service. There was very little recreation there for him." After 36 years of employment with the Mission Oaks Park & Recreation District, Koller will actually become retired on July 23rd as Director of Recreation and Marketing. "It's been constantly thinking about tomorrow, thinking about six months from now, thinking about a year from now, which is fun, but it becomes exhausting as you get older. "

In his office, a wall is covered with sports pennants, photographs and memorabilia, which relax tense visitors. "They see something they like and say, 'Oh, I see you're a 49er fan, enjoying hunting,' whatever. It gives us some common ground."

Koller grew up in Martinez, attended a Catholic school, and played in CYO. His mother stayed home and his father was a workaholic. "After he passed away, I learned more about him than when he was alive, unfortunately. He was a quiet man, very loyal to his kids in terms of support. He never missed one of my games, even as an adult when I played football at Utah."

He washed cars at his father's used car lot, worked as a custodian and worked for the Boys Club for two years. "We introduced 'Girls Night.' Nowhere in the United States was there any other Boys Club that had one. Years later, it became the Boys and Girls Club."

After a long bout with illness at the University of Utah, he returned to California, and attended Diablo Valley College. He coached Pop Warner and a team from the

Boys Club. He then transferred to Sacramento State College to be near childhood friends, enjoy the outdoors and fishing.

"When I started working in this field, Sacramento was growing. The agency here hadn't started yet. I started working here about 15 hours a week, which grew to 40. Nobody cared. There used to be a gravel road up here, and a garage that we turned into a preschool, that is now a staff office. The barn out back is our storage room. It was fun building part of a community. It's cool."

It was also fun for him meeting his wife at the District. "She was a teacher and we were doing programs together. Today, I have her and the school district as consultants.

"One of the things I hang my hat on is that I've never lost my cool here. I only have until July 23rd to not do that," he laughs.

The fun atmosphere at Missions Oaks can help. Instead of simply "casual Fridays," they have "Tie-Dye Fridays." The YFL (Your Football League) was created by Koller in 1975, in which up to 30 people now participate - over half of them women. And, then, there is their "fish program," which follows the fish tossing of Pike's Market in Seattle, but with their own slant. "If you're having a bad day, go talk to somebody about it," says Koller. "If you come in one day and you're in a bad mood, and I throw that fish at you, it means get out of here or change your attitude."

As the days count down to his retirement, he's reading "Half-Time." "It's about people in their 40's up, needing more challenges, working on insight about yourself and figuring out where you really want to be in the second half of your life. Friends and families are the first half, and then you realize that things aren't all that.



Mark Koller of the Mission Oaks Park & Recreation District retires this month. Photo by Julie Parker

Utilize the skills you already have to make a difference. One of the reasons I work in this field is to serve.

One of my best friends I grew up with from Martinez called me today and was talking about this new idea he had about doing some really good things for kids in sports that don't

have the whereabouts or money to do certain things. It will involve a connection between here and the Bav Area. I wouldn't have to change my life a whole lot for that. "

He also wants to advocate women's sports and related programs. "When they're young, they're often told they can't compete with men. I'm not saying that I want them to compete with men, but I want them to get equal opportunities. That goes where it's at. with equal facilities, equal sports offered to them. Title 9 is great, but it's not being carried out throughout the

being treated like they're on a lower level. People need to fight for that. Otherwise, it will continue to stay

I'll miss working with the people here, being part of the creative community and working with the school district. But, change is good."

Thank You, Mark!

Mark has been a great supporter of the Carmichael Chamber as we have parthered together to serve our community. We wish him all the best!

Linda Melody, Executive Consuttant and everyone at the Carmichael Chamber of Commerce

Thank You, Mark!

country. I still feel that women are

Mark Koller is a caretaker....he has always put staff first including (Carmichael Recreation and Park District) our staff. We will truly miss him.

Mark Koller worked closely with the Carmichael Recreation and Park District and always took good care of us. We will miss his leadership and presence in the community!

Tracy R. Kerth, Recreation Services Manager And everyone at the Carmichael Recreation and Park District



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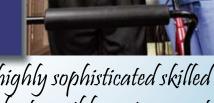
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2011 Berry Quality of Life Youth Leadership Scholarship



Carmichael Water District is proud to announce that applications are being accepted now through July 15, 2011 for the 2011 Berry Quality of Life Youth Leadership Scholarship. One \$500 scholarship is available to a student who resides within the Carmichael Water District Service Area who is currently enrolled in the 12th grade at a public or independent school located in Carmichael, CA or is currently enrolled in a post-secondary institution.

For more information on the application process, deadlines, and selection please visit the District's website at www.carmichaelwd.org or call our office at (916) 483-2452.



SMUD's Home Performance Program MAKEOVER SWEEPSTAKES

Leaky ducts, faulty insulation, air leakage, and an old A/C system can rob you of money and comfort at home. For that reason, SMUD is offering the Home Performance Makeover Sweepstakes to educate homeowners about how they can make their home more energy-efficient.

One SMUD customer will win a free Home Performance energy makeover worth up to \$15,000. The lucky winner will receive a package of energy-efficient upgrades that will help lower their energy usage and increase the overall comfort of their home. Official rules available at smud.org/homeperformance

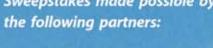
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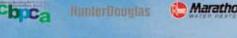
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Dr Bob Graykowski



Summer is here! And that means many golfers will be dusting off their clubs and heading to the greens. Golf can be fantastic exercise and a powerful source of stress reduction. However, golf can also be hard on the spine, often triggering back disorders. At Chiropractic USA, we teach patients how to keep their spines up to par when hitting the links. Exciting new research shows that regular chiropractic care may boost a golfer's performance.

According to Dr Tom L Fountain, a chiropractor who tours with the PGA, 80-85 percent of the athletes on the tour are under regular chiropractic care. "Back pain is the most common physical complaint among professional and recreational golfers." But you don't have to be a pro golfer to reap the rewards of Chiropractic care. Chiropractic USA finds that amateur golfers derive significant benefits from chiropractic as well - both in terms of injury prevention and in terms of optimizing athletic performance.

Chiropractic Boosts Golfers' Swing Performance

New research indicates that chiropractic care may boost golfers' swing performance. In a recent study, investigators followed 143 golfers at two clubs. The participants were divided into two groups. Between the two groups, "average age handicap, and initial swing were comparable."

Both groups took part in a stretching program. In addition, one group also received chiropractic care twice a week for six weeks. At each session, "all golfers performed 3 fullswing maneuvers. Ball range was considered as the average distance for the 3 shots."

After six weeks, golfers who underwent both stretching and chiropractic care enjoyed significant

Chiropractic Care Boosts Golfer's Performance

improvement in full-swing performance. On the other hand, fullswing performance did not change significantly in the stretching-only

Putting for Perfect Posture

Another way that chiropractic care enhances a golfer's performance is by focusing on posture. For instance, a level backswing is dependent on proper posture. A back-swing is actually two motions in one: the up/ down movement of the arms and the rotation of the body – both are directly dependent on spinal health.

That's why a healthy spine is so vital to a golfer's fame. If the spine is out of alignment, the spinal motion will be affected so the swing will be out of alignment. That's also why so many professional and amateur golfers alike schedule regular chiropractic check-ups.

By correcting a spinal condition called vertebral subluxation, chiropractors help perfect the postures - and golf games - of patients.

Is Your Bag to Blame

Although golfers tend to blame back-related problems on suboptimal swings, many golf-related injuries have nothing to do with the actual game. Golf bags, by themselves, have substantial bulk and weight. Add to that the maximum number of clubs allowed during course play. A back pack strap that fits over both shoulders is always the best way to balance the spine if you are carrying

Cancel the Cart

Here's a simple way to dramatically improve your fitness level: Choose to walk the course, rather than rent a cart. I recommend a push cart over carrying clubs to reduce spinal stress. Walking elevates aerobic activity, increases stamina and boosts immunity: maximizing athletic performance and warding off injury.

Back in Shape

Low-back injuries are particularly common among golfers. Why does golf generate - and aggravate - lowback pain? According to researchers, theansweristwo-fold:poormechanics of spinal motion and today's more demanding swing. "Stiff hips and back muscles are often the root causes of flawed mechanics. The disks between the spinal vertebrae get less elastic with the years and, therefore, are less able to distribute the stresses that the swing puts on the back.'

Warm Up Before You Tee Off

Warming up is essential when it comes to staying in the game. However, despite overwhelming evidence supporting the need to warm up, most golfers remain cold to the idea. "Few amateur players adequately warm up before practicing or playing a round of golf. If you don't stretch prior to golfing, you are asking your body to play golf with an added handicap. Muscles that are warm and stretched properly prior to teeing off are supple and loose, which enables your body to perform to its full potential."

Additional benefits related to stretching and warming up are outlined in the "Professional Golf Association (PGA) Tour Golf Academy Student Instruction Manual:

- -- Greater swing flexibility and motion, allowing for a solid followthrough without straining any muscles.
- -- Improved muscle endurance.
- -- Fewer aches, pain and lessened chance of injury.
- -- Increased enjoyment of the game.

There are countless stretching exercises from which to choose. At Chiropractic USA, we evaluate your posture and muscle

Leave the Painkillers in the Sand Trap

Before reaching for a pill to ease post-golf soreness, consider this: Doctors of chiropractic don't believe pain should be masked. Instead, our office focuses on the source of the disorder, restoring alignment and motion to the spine with chiropractic adjustments. So, before hitting the links this season, schedule an appointment for a sports chiropractic checkup. Learn more about our community office; find us on Facebook-Chiropractic USA.

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Bishop Soto to Visit Carmichael



From Carolyn Aboubechara

Carmichael - On July 9, 2011, His Most Reverend Bishop of Sacramento, Bishop Jaime Soto, will be visiting Our Lady of the Rosary Maronite Catholic Church at 6811 Fair Oaks Blvd. Carmichael, CA 95608. This will be a historical event for our Maronite church!

Maronite Catholic Community of Sacramento, founded in November 2009 as a mission under the Eparchy of Our Lady of Lebanon to establish a Maronite Church in Sacramento to carry on the spiritual faith, culture and traditions of their Middle Eastern roots to future generations in Sacramento,

the Capital of California, and the region, closed escrow on Our Lady of the Rosary on February 23, 2011 through the efforts and inspiration of Rev. Nabil Mouannes and with the dedicated endeavors of the community. Coincidentally on the same day, Maronites all over the world were celebrating the 1600 year anniversary of Saint Maron, father of the Maronite Catholic Church, by the installation of a marble statue of Saint Maron, which was blessed by Pope Benedict XVI, at Saint Peter's Basilica in Rome. It is the twelfth and last statue that can be placed in "the outer perimeter of St. Peter's Basilica. 2 Our Lady of the Rosary Maronite Catholic Church is "a gift from heaven."*

There are two Maronite Eparchies in the United States that oversee approximately 80+

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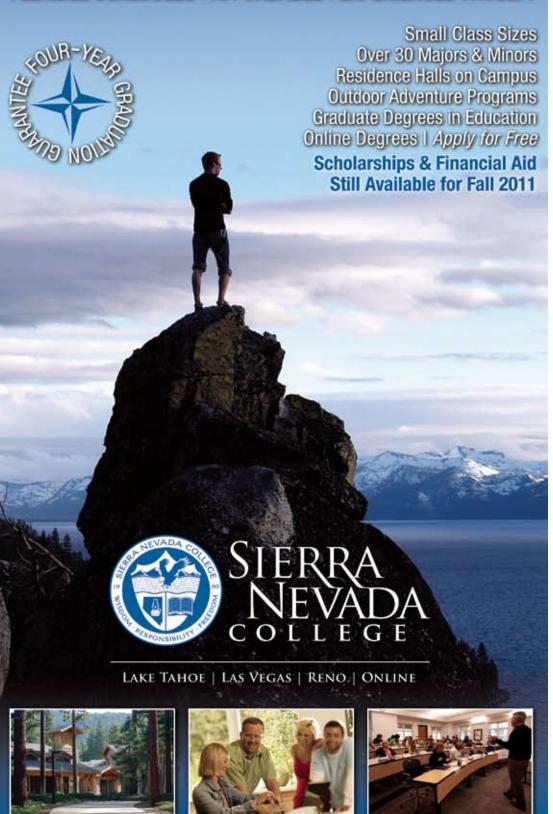
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Carmichael Recreation and Park District is announcing these upcoming events

Movies in the Park!

Friday, July 8 at ODonnell Park Kung Fu Panda Friday July 15 at Gibbons Park How to Train Your Dragon Friday, July 22 at Carmichael Park Despicable Me

All FREE and movies start at dark. Approximately 9:30pm Bring your chairs and blankets!

FREE SUMMER CONCERTS AT CARMICHAEL PARK

The Carmichael Recreation and Park District

is offering the Summer Concert in the Park Series for your listening and dancing enjoyment at the Danny Bishop Memorial Pavilion for the Performing Arts in Carmichael Park, 5750 Grant Avenue!

Concerts start at 6:30pm

unless noted.

Want to sponsor a concert? You can have your name on the flyer and on a banner; both of which will be seen by thousands of people! Call Elizabeth Crisante at 483-7826 x25.

Schedule

Sunday, July 10 Saturday, July 16 Sunday, July 17 Sunday, July 24 Saturday, July 30 Sunday, July 31 Sunday, August 7 Saturday, August 13 Sunday, August 14 Sunday, August 21 Saturday, August 27

Todd Morgan & the Emblems-50's Rock n' Roll/30's Jazz Departure-A Journey Tribute Band*-Journey Songs Carmichael Kiwanis Band-Swing Dance Band Gold Rush Brigade-Dixieland Jazz Band Because-A Beatles Tribute Band* — Beatles Songs The Newz Makers-Classic Rock/R&B John Skinner Band-Dance Band Q-Balls*-Classic Rock-60s to 80's Metro Swing-Dance Band

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* Denotes Saturday concerts

Sunday, August 28



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PRESENTING THE COMEDY Social Security through July 17

Chautauqua Playhouse announces the opening of SOCIAL SECURITY, by Andrew Bergman, started on June 24 at the Playhouse. The show will play on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through July 17. Performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$18 general and \$16 students, seniors, children and SARTA members.

(L) Kellie Raines, Margaret Morneau A married couple, who are art dealers, have their domestic tranquility shattered upon the arrival of the wife's goody goody nerd of a sister, her uptight CPA husband and her Archetypal Jewish Mother. The comic sparks really begin to fly when the mother hits it off with the elderly minimalist artist who is the art dealer's best client!

The show is directed by Shawn B. ONeal, featuring a cast that includes Wade Lucas, Kellie Raines, Margaret Morneau, Patty Thiel, Jon Jackson and Michael Beckett. Set design is by Rodger Hoopman, with lighting design by Don Myers.

For tickets and additional information call the theatre at (916) 489-7529 (PLAY). Information and tickets are also available through the Chautauqua Playhouse website: www.cplayhouse.org.

> **CHAUTAUQUA PLAYHOUSE • 5325 ENGLE ROAD** CARMICHAEL, CA 95608 • (916) 489-7529 F

A Non-Profit Organization

July 6, 2011

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A Legacy of Service

Continued from page 1

The awardees' projects include a fundraising and advocacy movement to provide lifesaving relief for refugees from genocide; a clean water initiative that creates global awareness and brings essential resources to impoverished families; a student-run community garden that has engaged students and the greater public; a textbook donation program benefitting students in Liberia; and a charitable school supply program for less-fortunate Los Angeles youth. Each project required leadership and careful organization in addition to fundraising. Use of the award money is largely unrestricted, and recipients can use it to fund college or to further implement their vision for making the world a better place.

The teens were selected by a panel composed of educators and community leaders from San Francisco, Los Angeles, San Diego, Marin, Yolo,

Fresno, Placer, Contra Costa, Alameda and Orange Counties. Candidates completed a detailed application describing their projects, goals, inspiration and challenges, fundraising tactics and ultimate accomplishments. Eligible applicants were California residents, between 13 and 19 years old, who self-identify as Jewish. The community service projects focused on any area of interest to the teen.

Other 2011 Diller Teen Tikkun **Olam Award Recipients and their Projects:** Gabriel Ferrick (Santa Rosa):

Envision No Victims' Campaign Supports Young Refugees in Darfur Liza Gurtin (La Jolla): Walk for Water Fundraising Facilitates Clean

Water Systems Globally Naftali Moed (Pacifica): Locally-Supported Oceana High School Garden Nourishes Community

Daniel Sobajian (Los Angeles): School and Art Supply Drive Revives Los Angeles Schools

The Diller Teen Tikkun Olam Awards initiative is one of a number of projects funded by the Helen Diller Family Foundation through the Jewish Community Endowment Fund to develop leadership in teens and enhance Jewish education. Helen Diller believes that philanthropy is a fundamental part of living a full and accountable life. Now in its 12th year of giving, the Helen Diller Family Foundation has granted more than \$200 million to support education, the arts, medical research and development, leadership training programs for teens, and many other charitable endeavors.

For more information please visit www.sfjcf.org/diller/teenawards or contact Jacque Seaman at (212) 561-7456, Erica Schwartz at (212) 561-7462 erica. schwartz@morris-king.com; Lisa Kurtz at (212) 561-7478 lisa.kurtz@morris-

Monthly Military Retirees/Spouses Meeting

Sacramento – Our next month- Meeting time is 1030 hrs. ly meeting of military retirees/ spouses will be held on 12 Jul 2011

Our Speaker this month is Dottie Williams from the Travis AFB

"A" Travel. Should be an interesting topic to those of you who like to travel. Come on out and enjoy a cup Passenger Terminal. She will talk of coffee.

Sacramento Suburban Writers Club (SSWC) Meeting

about Do's and Don'ts of Space

Citrus Heights - Monday, July 11, 2011 at Sylvan Oaks Library, 6700 Auburn Blvd., Citrus Heights,

at the North Highlands Park and

Recreation District, 6040 Watt Ave.

7:00pm - 9:00pm. Featuring Guest Speaker, Author Cara Weiss Wilson. General Public welcome and

refreshments will be available. www. sactowriters.com.

Free Cribbage Lessons Continue in Carmichael

Whether you have never played before or would like to sharpen your cribbage skills, this could be the place for you! The River City Peggers will be

conducting free cribbage lessons on Tuesday afternoons this summer. The eight classes will be each Tuesday from 4:30 to 5:30pm from June 7th through July 26th at the Mission Oaks Community Center, 4701 Gibbons Dr. For more info (916) 962-3130 or 294annett@gmail.com.

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Operation Iraqi Freedom



Mosque at sundown. Photo by Tony Ulep.

Continued from page 1

the initial surge of US forces where we saw the beginning of bigger and more powerful Improvised Explosive Device (IED) attacks and coordinated small weapons fire. At that time, it was the highest IED casualties we had experience since the Iraq war had started.

My second Iraqi deployment was very different. I was the Motor Transport Maintenance Officer, Engineer Maintenance Officer, Utilities Officer, and a Liaison Maintenance Officer for the Iraqi Army. While the situation overall was

less intense because US Marines were preparing to withdrawal from Iraq, I was working closer with the Iraqi Army. I coordinated and instructed their officers in the operations and procedures of a maintenance program. For example, we worked with translators to convert US maintenance manuals from English to Arabic and vice-versa. The infrastructure we helped create for the Iraqi Defense Ministry became their standard for all of their maintenance facilities.

As I look back upon my 23 years in the Marine Corps, I appreciate the diversity not only of the various places I have traveled to, but also of the

people. On these two deployments, I was surprised to find out that I could understand some of what the Iraqis said because Spanish is about twenty percent Arabic. Unlike my Caucasian comrades, I was looked upon as a kinsman, not as an invader. This enabled me to be a more effective liaison as the Iraqis were more open to exchanging ideas and information with me. "

His photography and Marine Corps service aside, Tony also has an affinity for nature. When he isn't half way around the world, Tony is a City of Sacramento Parks supervisor and a garden enthusiast. His website is www.InDemandArt.com.

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PUBLIC ANNOUNCEMENT

FAIR OAKS RECREATION & PARKS DISTRICT DISTRICT OFFICE ALTERATION Fair Oaks, California

NOTICE INVITING BIDS

NOTICE IS HEREBY GIVEN that sealed bids will be received by the Fair Oaks Recreation and Parks District, 4150 Temescal Street, Fair Oaks, California (916) 296-7771 until 10am on August 12, 2011. Bids will be publicly opened and tabulated by the Owner's Representative at the District's Office immediately after 10am.

A Pre-Bid Conference for all interested bidders will be held at the District Office on July 12, 2011 at 9:30am. Attendance at the Pre-Bid Conference is mandatory for all prime contract bidders intending to submit a bid.

Bids will include furnishing all labor, material, tax, transportation, equipment, and services necessary for the construction and completion of the District Office Alteration, all in accordance with the specifications and working details and other contract documents now on file with the District, located as noted above.

The bidder is required to abide by all applicable provision of the Labor Code, including payment of the minimum prevailing wage rate as determined by the California State Department of Industrial Relations.

Bids shall be made upon the form provided by the District at the PreBid meeting and shall be properly completed with all items filled out; numbers shall be in writing and figures; the signatures of all persons signing shall be in longhand. No bidder may withdraw his bid for a period of 90 calendar days after the time set for the opening of bids, and the District will act to accept or reject bids within that period of time.

No bid will be considered unless it is submitted on a proposal form furnished by the District. The prime contractor on this project shall possess a valid State of California Class B contractor's license.

A copy of the specifications, working details, and other contract documents for the project are on file at the at the following Builder's Exchange offices: Sacramento, El Dorado, Roseville, Stockton and Placer County. Documents can also be obtained through ARC-Rancho Cordova at (916) 443-1322 www.browniesrepro.com

The Owner reserves the right to reject any or all bids, and further reserves the right to waive any informalities or irregularities in the bids.

The list of attendees at the Pre-Bid Conference will be available on the District website: www.fairoakspark.org.



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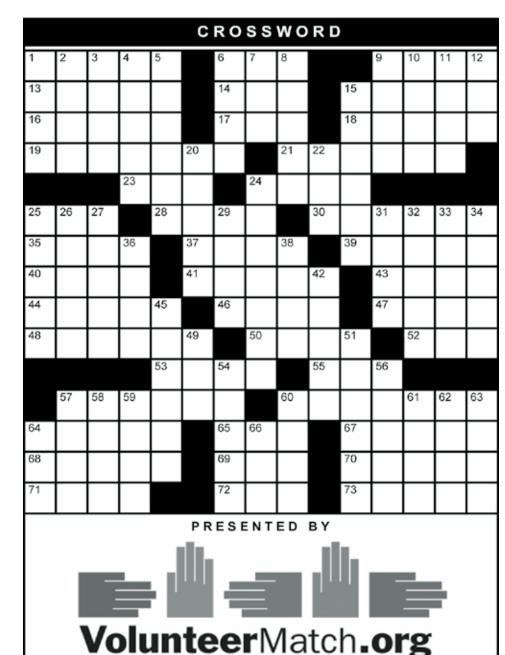
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CLUES

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ACROSS 1. Involuntary contraction

6. Mad Hatter's beverage

of choice 9. Additional

13. "Fear of Flying" author

Jong 14. Argo propeller

15. Whale's lunch 16. Language like Chinese,

e.g. 17. Plays for pay 18. Mountain nymph of

Greek mythology 19. *Asian disaster, 2004

21. Screw up _ and a Half Men'

24. Tropical tuberous root

25. Bar association 28. 1/36th of a yard

30. Give expression to

35. Bottle to a baby?

37. Student's dwelling

39. NE's largest city

40. Very dark black 41. Double-reed woodwinds 43. Miners' passage 44. Blood vessel

46. *Author of "Decision Points"

47. *Chilean disaster locale 48. *Did Casey Anthony

have one?

50. Needlefish

52. Jack and Jill did it

53. St. Louis attraction 55. Flightless bird

57. Farthest from point of origin

60. *Has 140 character limit 64. Panna_ , dessert

65. Promissory note 67. Balance zodiac

68. Chicago's planetarium 69. In good shape

70. Antelope with twisted

horns

71. *World's fastest man

72. *H1N1

73. Central Asia inhabitants, to ancient Greeks

1. Cobblestone

DOWN

2. Plural of #17 across

3. Hokkaido language 4. Less than the right amount

5. Mozambique neighbor

6. Large South African

antelope

7. A corncob

8. Smell of baking bread, e.g.

9. Makes a mistake 10. "Place" in French

11. "Sounds like a plan," acr. 12. Old age, archaic

15. *Self-declared indepen-

dent state, Europe

20. World in Italian

22. Before, archaic 24. Drive-

25. At right angle to length of ship

26. Hindi courtesy title

27. Terminate, as in mission

29. Baseball great infamous

for surly temperament

31. Allah's cleric

36. Not in favor Verde National Park

34. Consumed at dinner, e.g.

33. *Economic behemoth

32. Rock bottom

42. Mole relative 45. *Highest-grossing movie

ever, 2009 49. *21st century of Common

51. Upside down frowns

54. Vertical rock exposure

56. Being of service

57. Famously extinct

58. It will 59. Proofreader's "disregard"

word 60. *Portman's character attire, 2010

61. Type of ski lift 62. European sea eagle

63. Radicals 64. *In many cities, this yellow

ride got greener 66. *Spilled from the Horizon For Solution See Page 5



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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00104074

WHEREAS, Anthony Patrick Bothe Kelley has filed a petition with this court for a decree changing name of Anthony Patrick Bothe

Kelley to Anthony Patrick Kelley. IS ORDÉRED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 22, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted IT IS FURTHER ORDERED

that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 13, 2011. Kevin R. Culhane

Judge of the Superior Court Publish June 15, 22, 29, July 6,

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00101903 WHEREAS, Luis Rodriguez has filed a petition with this court for a decree changing name of Luis

Rodriguez to Elmer Manuel Ruiz. IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Aug. 5, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 20, 2011. Kevin R. Culhane

Judge of the Superior Court Publish June 15, 22, 29, July 6, **RODRIG** 10603

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NOTICE OF PETITION TO **ADMINISTER** ESTATE OF HENRY S. MILLER, SR.

(deceased) ESTATE NO. 34-2010-000-88370 To all heirs, beneficiaries, creditors, and contingent creditors and persons who may be

otherwise interested in the will estate, or both of HENRY MILLER, SR. (deceased): A petition has been filed by HENRY S. MILLER, JR. in the Superior Court of California, County

Sacramento, requesting that HENRYS.MILLER,JR.beappointed as personal representative to administer the estate the decedent. The petition requests authority

to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court

should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road #214, Sacramento, CA

95826 on July 7, 2011 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR

or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of California Probate Code.

The name, address and telephone number of petitioner or petitioner's attorney is: Henry S. Miller, Jr., 1308 "F" St., Sacramento, 95814; 916-712-4382. Publish June 22, 29, July 6, 2011 10604

NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY

Notice is hereby given that under and pursuant to Section 1988 of the California Civil Code, the Property listed below, believed to be abandoned by Richard Townsend/ Aqua Pool & Spa Inc., whose last known address was 7849 Stockton Blvd., Sacramento, CA 95823-4303, will be sold at public auction at 7849 Stockton Blvd., Sacramento, CA 95823-4303, on Friday, July 15, 2011 at 10:00 A.M.

DESCRIPTIONOFPROPERTY: Personal Property consisting of but not limited to International Truck #1HSHEGGNOM4319170, VIN Fruehauf 525 cu. ft. Dry Pneumatic Trailer VIN #FRK361502, warehouse racks. inside and out of warehouse, various office desks, telephone system, pallets of marble, pallets of brick, pallets of pool chemicals, diesel tank, tank stand. and various building materials and all other Items in and on said Property. Dated June 25, 2011. Tom Frankhouser

Appraiser-Auctionee
Publish June 29, July 6, 2011.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2011-001 WHEREAS, Basil Zaid has filed a petition with this court for a decree changing name of Basil Zaid to Damon Doglas Jennings.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Aug. 26 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 20, 2011. Kevin R. Culhane

Judge of the Superior Court Publish June 29, July 6, 13, 20, 2011.

JENNIN 7-20-11

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-0015785

WHEREAS, Joaquin Guillermo Viramontes has filed a petition with this court for a decree changing name of Joaquin Guillermo Viramontes to Krishna Kantha Viramontes.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Sept. 2, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento CA 95814 and show cause, if any, why the petition for change of name should not be granted

IT IS FURTHER ORDERED that a copy of this Order to

Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 23, 2011. Kevin R. Culhane

Judge of the Superior Court Publish July 6, 13, 20, 27, 2011. VILLAM 7-27-11 10701



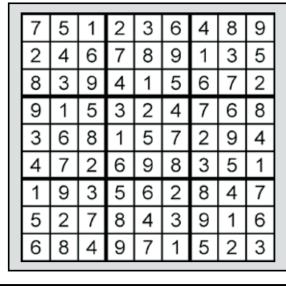
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Carmichael Times Page 9 July 6, 2011

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Northern California Arts presents "Inner Views", Annual Membership Show, June 21 – July 9, 2011 at the Sacramento Fine Arts Center, 5330 Gibbons Dr., Carmichael, CA 95608. Special 2nd Saturday Reception July 9th, 5:30 to 8:30 pm, awards presentation, music by "Mary's Daughter", refreshments.

Northern California Arts, or NCA, founded 1939, presents a juried show of the works of the membership. All levels, all styles, all media. Judged by Kenneth Potter.

Exhibition Schedule

June 21-July 9, 2011 "Inner Views", NCA Membership Show July 12-August 5, 2011 Quilters Pride August 9-September 3, 2011 Magnum Opus September 6-October 1, 2011 "Go With the Flow", WASH Open Show October 4-29, 2011 "Bold Expressions", NCA Open Show Annual Photography Show November 1-19, 2011 November 22-December 3, 2011 Ars Gratia Artis December 9-11, 2011 Holiday Craft Fair



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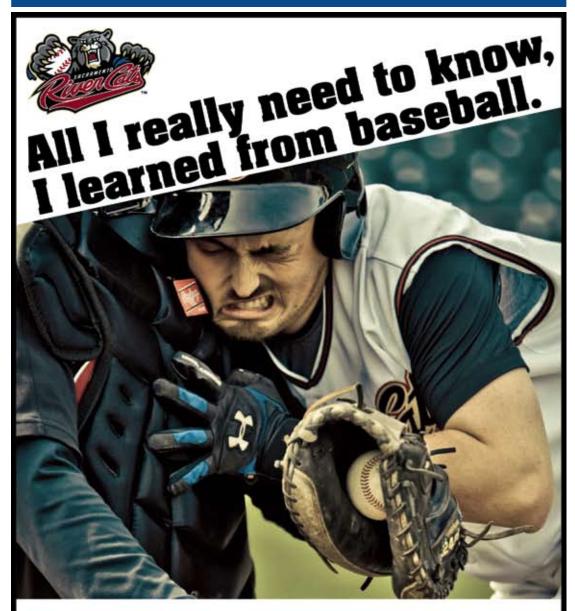
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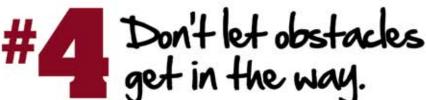




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Carmichael Chamber Monthly Luncheon

On the 4th Tuesday of each month, the Carmichael Chamber holds a luncheon where members can network, hear from a guest speaker and learn what's happening in the Carmichael Chamber and the community in general. \$15 for members • \$20 for non-members • Guests are always welcome

Upcoming Events

Carmichael Chamber Mixer

Wed, Jul 13, 2011 from 5:30pm - 7:00pm (a) California Family Fitness

Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards

Carmichael Chamber Luncheon

Tue, Jul 26, 2011 from 11:30am - 1:00pm (a) Cypress Avenue Baptist Church

Speaker is Kurt Henke the new Fire Chief for Sacramento Metro Fire District. Luncheon meeting is held in the Education Building and is the Chamber General Meeting

& Luncheon. Raffle prizes! Register by Thursday, July 21. \$15 Members; \$20 Guests; Members who don't pre-register will be charged the non-member price of \$20 at the door.

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3 2011 Schedule

DATE	OPPONENT	THEME
July 8 th	New York Sportimes	Caps Come Home featuring Martina Hingis
July 9 th	Washington Kastles	Drop Shot Diva Day featuring Serena Williams
July 10 th	Newport Beach Breakers	Play Tennis Sacramento
July 12 th	Kansas City Explorers	Family Night featuring the Bryan Brothers
July 15 th	Newport Beach Breakers	Catch the Wave featuring Mardy Fish
July 20th	Boston Lobsters	Caps Go Green
July 21st	Springfield Lasers	Fan Appreciation Night

Sacramento Capitals Ticket Office, 6023 Sunrise Mall, Citrus Heights. (916) 488-5000

The New Christy Minstrel®

to Perform Benefit Concert under the Stars

Under the direction of Randy Sparks in concert



Featuring many of their best sellers, like Green, Green, This Land Is Your Land, Ramblin', and many others.



Saturday July 30th

Veteran's Memorial Ampitheatre 7991 California Ave, Fair Oaks Gates open (a) 6:30 pm

Available online

Tickets

fairoakstheatrefestival.com

Program information available at

916.966.3638

Tickets may also be purchased in the Village at American River Bank, Oaks Hardware, Hart Collection, Bella Fiore Florist and the Recreation and Park District office.

Proceeds from the concert go to the Fair Oaks Theatre Festival, a non-profit summer theatre company, and the New Christy Minstrels Foundation providing music education, concerts and music to schools throughout the country. Both organizations are Charitable/Education entities under Federal law.

New Trips for 2012-2013 MISSION OAKS COMMUNITY CENTER

Extended Tours

• British Landscapes

October 6-15, 2011 • \$3,549 pp double

• Branson Musical Holiday

December 1-5, 2011 • \$1,749 pp double

• Italian Vistas

March 12-24, 2012 • \$4029 pp double

Monthly newsletter available online and at the

community center for additional classes and events.

Luxury Motorcoach

• "Annie"

TRAVBL SHOW

Wednesday, July 27, 10am

Wednesday, August 3, 2011 • \$117/person
Theatre, hosted lunch, & travel to Jamestown

Mission Oaks Recreation & Park District

• Charm of Venice/Lake Merritt

or go to www.morpd.com.

Thursday, August 11, 2011 • \$145/person
• Wings over Wine Country Air Show

Saturday • August 20, 2011 • \$179/person

For more information call (916) 972-0336

NEW Summer Dance Night!
Wednesdays: 7-9:30pm • June-September • \$7/person

Swing to Rock to Country

THE SENSIBLE SOUNDS DANCE BAND



Register Online@morpd.com (Ages 3-5) Child must be 3 by June 1.

Monday, Wednesday, & Friday 9am-noon.

Sessions: July 11-29 • August 8-26

With parent participation: \$90 • Without participation: \$120

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm Registration Hours: 8:30am-4pm Monday-Friday

www.morpd.com

DISTRICT OFFICE

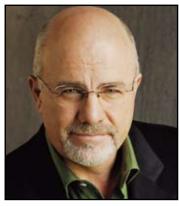
(916) 488-2810 • Fax (916) 488-4349 3344 Mission Ave., Carmichael CA 95608

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July 6, 2011



Dave Ramsev is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers -The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to

Ignore the Math

Dear Dave

Should I continue to contribute to my 401(k) at work up to the match if I'm still trying to get out of debt?

- Anonymous

Dear Anonymous,

Nope! I know, you probably think I've lost my mind on this one. Yeah, I know how important it is to take the match in a situation like that. In fact, it still kind of irks me to have to say these kinds of things. I'm a math nerd, so I really don't like the whole idea of it very much.

But I've learned a few things over

Dave Says

the years. One of those things is that personal finance is 80 percent behavior and only about 20 percent head knowledge. And in the short term, the power of passionately focusing and sacrificing deeply to attack your debt will supersede the mathematics involved where your company match is concerned. In other words, if you stop saving temporarily for a year or two, and in that time wipe out your debts, the power you'll gain in being free from those debts will be more beneficial to you than a couple of years of your company match.

I would never tell you to stop investing or doing the company match for 10 years or anything silly like that. But if you stop for just a little while and clean up your mess, then go back to investing for retirement, you'll reap so many more rewards down the road. Not only will you have permanently changed your behavior, but you'll also be able to invest even more for retirement and other things!

- Dave

You Can't Make Him Grow Up

Dear Dave,

I've tried for years, but I can't convince my husband to plan for tomorrow and stop living just for today. Is there anything I can do?

- Candace

Dear Candace,

I hate to say it, but I don't think you can convince him. The essence of your question is this: "How do I get him to grow up?" If he's not willing to delay getting or doing things he wants, that's a sign of immaturity. You guys are probably going to struggle with money as long as he has an attitude of "Thank God, it's Friday! Oh, God! It's Monday..."

Being careful with your money and planning for the future doesn't mean you can't have any fun. It just means you may have to delay certain things for a little while. My wife and I have lots of fun and cool things now. Why? Because we saved like crazy and sacrificed. We lived like no one else, so now we're able to live like no one else. In other words, we paid a price to win.

Your husband's problem is that he's not willing to pay a price for a short period of time. That kind of immature thinking is a one-way ticket to a lifetime of mediocrity. And if you're unwilling to pay the price to win, then you're going to end up paying the price that comes with never having paid the price.

- Dave

* For more financial help, please visit daveramsev.com.



East Lawn.

There will be a variety of children's activities and a photo booth for your family's memories.

We will be having a kid's race as well!

There will be many vendors at the event to answer any questions you may have.

Fab 40's "Un-Run for Understanding"

Calendar of Events:

9 AM - Welcome, and a light breakfast.

Taken

Your

Tour?

SACRAMENTO SUBURBAN

SSWD.ORG

9:30 AM - Panel discussion featuring Hospice

Care, a Neurologist, family members who have

cared for a person with Alzheimer's disease and

family members who are dealing currently with

Alzheimer's disease, and an Elder Law Attorney.

An Alzheimer's Awareness Day

Saturday, July 9, 2011

Location: East Lawn Memorial Park.

43rd St. and Folsom Boulevard

Time: 9:00 AM - Noon

10:30 AM - Unveiling of the "Wall of Honor."

A place where people can create an inscription

in honor of or in memory of a family member who

10:45 AM - Untimed one-mile walk within

has suffered from Alzheimer's disease.

11:30 AM - Free luncheon.

Take a self-guided tour of the 2 acre Antelope Garden for ideas on how to create your own water efficient landscape.

2011 Schedule May 2 to **October 31**

Monday - Friday and **Second Saturdays** 9:00 am to 3:00 pm



Don't Miss This! Color photos and details of over 200 water-

wise plants and trees are at sswd.org under "Water Education/Water-Wise Plant List."

FREE Admission!

7800 Antelope North Road, Antelope



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Great Rebates from SMUD

This summer, look to SMUD for simple energy-saving solutions. When it's time to purchase new or replace old appliances, equipment, electronics or lighting products for your home, check with SMUD first. SMUD recommends high efficiency products that use less energy to operate and offers rebates on qualified ENERGY STAR® models.

Available SMUD rebates:

Clothes Washers - \$35 - \$125

Dishwashers - \$30 - \$50 Room Air Conditioners - \$50

Refrigerator Recycling - \$35

Home Performance Program - \$1,500 - \$9,000

Lighting - in-store discounts

For maximum energy efficiency in your home, take advantage of SMUD's Home Performance Program. Through a comprehensive assessment of your home's energy systems, you'll learn precisely where your home is leaking energy and how to save. You can qualify for up to \$9,000 in energy efficiency rebates, plus financing and tax incentive options are available. Get your energy assessment today for only \$99. Offer expires 3/31/12.

For SMUD rebate information, visit savewithsmud.org





Dental Resources at your Finger Tips!



Looking for a children's dentist? Questions about fluoride?

Visit First 5 Sacramento's dental website at:

www.First5SacDental.org

Featuring children and parent dental resources, videos and great oral health tips.

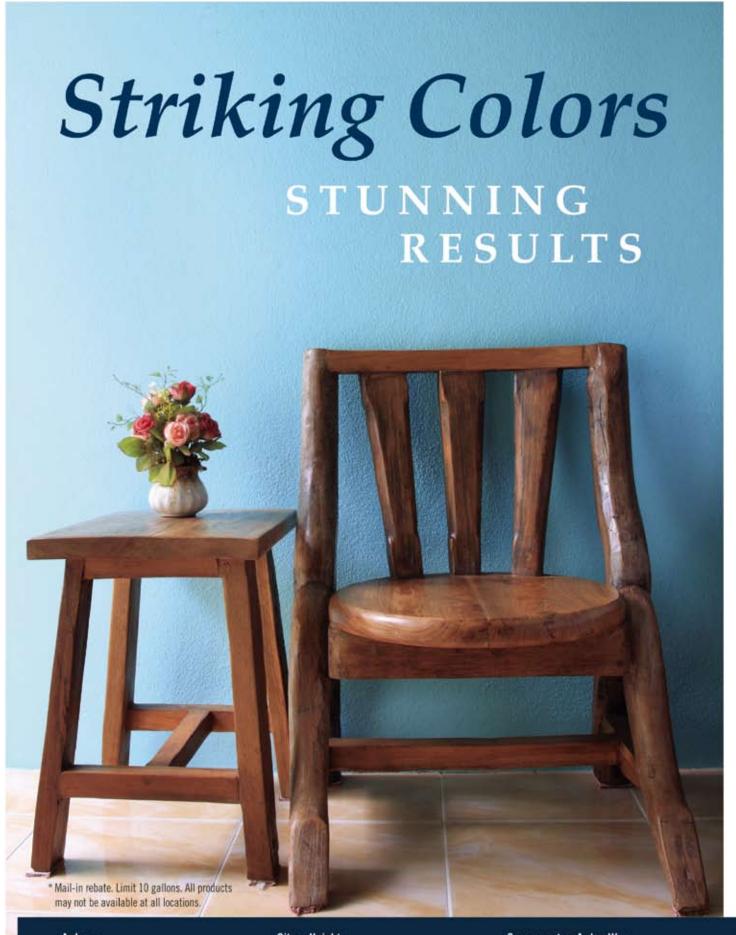




Carmichael Times Page 12 July 6, 2011

Thousands Enjoy Carmichael's 4th of July





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July 1 – July 31, 2011

SAVE \$6 PER GALLON

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SAVE \$4 PER GALLON

on Wallhide® Interior Paints,
Sun Proof® Exterior Paints & Stains,
PPG Pure Performance® Paints & Primers,
PPG Floor and Porch Enamels, PPG BREAK-THROUGH!®
and PPG Seal Grip® Primers

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