

# Carmichael Times



California Grads  
at the Top of  
Their Game  
Choose to Teach

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Fair Oaks Theater  
to Audition  
"Broadway Babies"  
for its Annual Series

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Volume 31 Issue 26

Serving Carmichael and Sacramento County since 1981

June 29, 2011

## Off to The Parade



Competitive carriage driver John Walker (right) and partner Moka Davis kit out for Carmichael July 4 celebrations. Walker's "gentleman's phaeton" is a restored 1880s vehicle. Horse power is provided by 18-year-old Morgan horse, Jesse. Property owners in the old Carmichael Colony, Walker and Davis are both realtors for the Sierra Oaks office of Lyon Real Estate. Photo courtesy Susan Maxwell Skinner

By Elizabeth Crisante

Carmichael - The 4<sup>th</sup> of July is just around the corner and Carmichael once again has big plans to celebrate. The Elks Club is hosting the 53rd Annual Parade which starts at 10:30am on Monday. The route begins at Marconi and Fair Oaks and spectators can watch as the trail of classic cars, community floats, marching bands, military units and dignitaries make their way down Fair Oaks Boulevard to Cypress and Manzanita

where the parade ends. This year's theme is "A Gathering of Patriots" and is sure to celebrate the many service units who have aided in protecting this country. The Carmichael Kiwanis Club is hosting its Annual Pancake Breakfast at Carmichael Park so stop by the Clubhouse for a stack of flapjacks before finding the perfect viewing spot along the parade route.

But wait – the day isn't over yet! What would a 4<sup>th</sup> of July be without a spectacular display of colors and sounds that light up

the night sky? Yes folks I'm referring to the Fireworks Show – a plethora of sparkle, pops and snaps that always incite the patriotism for which our country stands. Sponsored by Carmichael and Mission Oaks Recreation and Park Districts, the shoot is scheduled for dark (approximately 9:30pm) at the La Sierra Community Center, 5325 Engle Road. The fun starts at 7pm when the FREE Kids Zone opens. Children can enjoy the inflatables, arts/crafts and more. Carmichael Little League, the Elks Lodge

and other vendors will provide concessions to provide all of your patriotic cravings.

If you are interested in volunteering, the Carmichael Recreation and Park District is in need of people for a variety of positions during the evening festivities. If you have any EMT training, enjoy working with the public or just want to participate in the community's largest event, please call Elizabeth Crisante at 483-7826.

Source: Carmichael Parks and Rec Department

## Another Good Reason to Stay Close to Home

More than 4.6 million Californians expected to travel

Californians have been hit hard this year with on-going high fuel prices, unemployment concerns and a sluggish economy. AAA's July 4th travel forecast survey reveals that these factors have helped to cause a decrease in overall travel plans for this upcoming Independence Day holiday weekend.

According to AAA, during the upcoming 4th of July celebration holiday weekend more than 4.6 million Californians are projected to travel 50 miles or more from their homes. This represents a 2.3 percent decrease compared to last year.

"Travelers are definitely feeling the budgetary squeeze this year," says AAA Northern California spokesperson Cynthia Harris. "Although some Californians may be postponing their travel plans, many others are bucking the economic headwinds by opting for shorter vacations and by cutting back on travel expenditures in order to afford a weekend getaway."

The 4th of July marks one of the busiest national holidays. This year, AAA projects more than 3.6 million Californians will drive to reach their holiday destinations. That's a 2.9 percent decrease when compared to 2010. Air travel will increase by 1.7 percent, with more than 541,000 Californians expected to take to the skies to reach their holiday destinations. More than 430,000 state residents plan to travel by other modes of transportation, such as rail, buses and watercraft. This represents a decrease of 2.6 percent when compared to travel figures from last year.

Nationally, AAA forecasts just over 39 million people will travel 50 miles or more during the 4th of July holiday weekend, representing a 2.5 percent decrease compared to last year.

Independence Day holiday weekend airfares are expected to increase by 11 percent, with the lowest round-trip rate averaging \$213 per ticket, to top 40 U.S. air routes, according to AAA Leisure Travel Index. Hotel rates at AAA Three Diamond lodgings are increasing by three percent this year, when compared to 2010. They're averaging \$147 per night. Weekend car rentals are also forecasted to increase by three percent, to an average weekend rate of \$56. A West Coast family of four is expected to spend an average of \$782 over the weekend, while the average road trip will cover 602 miles.

According to AAA's survey, the primary leisure activities for Californians celebrating the nation's birthday will be dining, visiting family and friends, traveling to the beaches and waterfront areas, shopping, and sightseeing. Approximately 30 percent of California residents said they will be traveling with family members.

For Independence Day vacation planning travelers may use AAA's digital eTourbook guides for smartphones and ereader devices. Along with the TripTik Mobile app, AAA offers iPhone and Android versions of AAA Discounts and AAA Roadside. Using GPS technology, AAA Discounts displays nearby locations that offer AAA members a Show Your Card & Save discount and AAA Roadside transmits a user's location, and other details, related to a vehicle breakdown when they request AAA Roadside Assistance.

Projections are based on research conducted by IHS Global Insight. For more information or visit [www.aaa.com/travel](http://www.aaa.com/travel).

Source: AAA.com.

## Don't be a Statistic



By David Dickstein

Sacramento Region – Fire due to carelessness can happen any season, but the dryness of summer makes this time of year especially volatile. Because our Founding Fathers chose the toasty month of July to formally break from Great Britain, extra precautions should be taken if you stage your own fireworks display.

Here are some safety tips to help ensure that the red, white and blue on the Fourth of July aren't from the fire, ash and mood, respectively, caused by a lack of common sense:

- Observe local laws.
- Always store fireworks in a cool, dry place.
- Always read and follow directions on each firework.
- Use only state-approved "safe and sane" fireworks.
- Only use fireworks outdoors, away from homes, dry grass or trees.



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## A Gathering of Patriots

From Jim Warrick

Carmichael - Ninety-eight year old Curly Bunfill has graciously driven dignitaries as parade goers have marveled at his classic blue Cadillac. For decades people have politely waved at the smiling driver with the white cowboy hat without knowing his tremendous devotion to his country and his rich experiences as an American. Fifties film star Rita Hayworth appreciated Curly enough to will him her famous Cadillac. Movie stars Tom Mix and Alan Ladd knew Curly as the real deal, one who lived experiences movies try to portray.

Race horse owner, construction worker, cowboy, and classic western movie actor, Curly personifies a hard working, hard playing American citizen. Curly loves to reminisce with movie producer Alan Ladd Jr. and his ninety-five year old younger brother Larry Bunfill about their intriguing civilian exploits. Larry was known in the 1930's movies "The Little Rascals" and was a close friend of fellow movie star Jackie Cooper. Meanwhile, Curly played parts in a score of "B" westerns. Whereas he was routinely killed as a character in the westerns, Curly reflects solemnly about his real near death experiences in WWII.



The 53rd Annual Carmichael Elks 4th of July Parade and Celebration will include Grand Marshal Curly Bunfill, an American Hero and his classic Caddy

He has a picture of Admiral Halsey awarding him with one of his three purple hearts. He has a personal letter from the World War II Secretary of the Navy thanking him for his meritorious service. He also has memories about talking with Jimmy Doolittle on the U.S. Carrier Hornet before Doolittle's famous raid... And, he has reflections of how he shot down enemy aircraft with his 30 mm guns before the Hornet sunk. He carries memories about how he was wounded in the encounter and

how he and fellow sailors floated in the cold, Pacific Ocean for four hours before being rescued. He has stories about how the Navy patched him up and promptly reassigned him to the U.S. Carrier Princeton. He has memories of how he was wounded again and thrown into the ocean as the enemy sank the Princeton too. Finally, he has reflections about how he was reassigned as a tail gunner and wounded a third time as his plane was shot down.

It's ironic that Curly has been

primarily known in the community for his quality work ethic and his association with the Cadillac-LaSalle Club. It's amazing how he has transported so many dignitaries and yet his own service to his country has been greatly unnoticed. It is so appropriate that Curly Bunfill is our 53<sup>rd</sup> Annual Fourth of July Grand Marshal. With "A Gathering of Patriots" we recognize all those who love our country, especially unselfish and devoted Americans like Curly Bunfill and the Bunfill family.

# Recent California Grads at Top of Their Game Choose to Teach

At a time when education news headlines lead with layoffs and budget cuts, the 2011 Knowles Science Teaching Foundation (KSTF) Fellows from California are choosing to impact the future through teaching. Despite the increasingly negative rhetoric about teachers and education in the U.S., these high-achieving recent grads are bringing their passion for science education into the nation's high schools. In a highly competitive selection process, KSTF, an advocate for new teachers and the teaching profession, has awarded these beginning educators from California fellowships in physical science, mathematics, and biology valued at up to \$150,000 over five years.



Jessica Scheimer

as a way to combine her love for mathematics and explaining things to others. She is earning her teaching credential from the University of California Berkeley. She has spent a year studying international perspectives on math education at Cambridge University and summers volunteer teaching in Central America. Johanna is from the Sacramento area.

• Monica Sircar, Biology Teaching Fellow, from the Bay Area. She is currently earning her teaching credential from the University of California Berkeley.

• Candice Director, Mathematics Teaching Fellow, is earning her teaching credential from the

University of California Berkeley and will begin her teaching career in High Tech High Media Arts High School in San Diego.

• Carissa Filice, Chemistry Teaching Fellow, a Gilroy native, is earning her teaching credential from the Stanford Teacher Education Program and has worked in a national laboratory conducting research alongside scientists.

"These beginning educators are countering every negative public perception of teachers, including the naive cliché of 'those who can't, teach,'" said Dr. Nicole Gillespie, Associate Director for Teaching Fellowships. "They are highly talented individuals who are committed to a career in science and mathematics education for the long term. This program exists solely to support them and other KSTF Fellows and invest in their development as masterful teachers."

The need for accomplished math and science teachers cuts across all states. A report published by the Business Higher Education Forum (BHEF) points to a projected national shortfall of more than 280,000 new mathematics and science teachers by 2015. The thirty-six incoming KSTF Teaching Fellows, who will be entering classrooms in 14 states this fall, are aware of the challenges that lie ahead, yet undaunted and

excited about their prospects.

"I might personally touch only a handful of students each year, but if every teacher has such an impact on a few students, we are reaching a generation," said Ms. Scheimer.

KSTF empowers its Fellows to think critically and creatively about the teaching of mathematics and science. Explicitly designed to meet the needs of beginning teachers from the onset of the credentialing process through the early years of their careers, the KSTF Fellowship includes professional and leadership development, teaching tools and materials, and access to a network of like-minded colleagues nationwide.

"Nearly half of all teachers leave the field within the first five years, and the most highly qualified are the most likely to leave," said Dr. Gillespie. "KSTF is working to understand why this happens and what it would take to reverse the trend, particularly for high school math and science teachers. We believe that the key is developing



Johanna Langill

teacher leaders and advancing the national dialogue about the complexity and challenge of the teaching profession."

The 2011 KSTF Fellows are committed to reaching students from diverse backgrounds, with real-world approaches to teaching that make mathematics and science relevant to their students' lives.

"I envision mathematics classrooms

balancing procedural abilities with inquiry and discovery, said Ms. Director. "Students need to understand what is behind mathematics and see its purpose in the real world."

KSTF awarded its first four Teaching Fellowships in 2002. To date, there are 190 Teaching Fellows and alumni nationwide across 40 states. Since the program's inception, KSTF Fellows have impacted more than 150,000 students.

*The Knowles Science Teaching Foundation (KSTF) was established by Janet H. and C. Harry Knowles in 1999 to increase the number of high quality high school science and mathematics teachers and ultimately improve math and science education in the United States. The KSTF Teaching Fellowship, the Foundation's signature program, awards exceptional young men and women with a five-year early-career fellowship, empowering them to become master teachers and leaders in education. For more information, visit [www.kstf.org](http://www.kstf.org).*

The 2011 California KSTF Teaching Fellows are:

• Jessica Scheimer, Physical Science Teaching Fellow

The Sacramento native will begin her teaching career at Jesuit High School in Carmichael, California. Ms. Scheimer is currently earning her teaching credential from the University of California Davis where she has conducted astrophysics research, taught labs, and mentored high school students enrolled in the university's research program.

• Johanna Langill, Mathematics Teaching Fellow

Ms. Langill discovered teaching

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Chautauqua Playhouse announces the opening of SOCIAL SECURITY, by Andrew Bergman, starting 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.

Appearing in "Social Security":  
(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. O'Neal, 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](http://www.cplayhouse.org).**

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## Carmichael Times

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Distribution Assistant: Gabriel Scholl

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News Services: Whiskey & Gumpowder • StatePoint Media • NewsUSA • PRWEB NewsWire North American Precip Syndicate • Blue Ridge Press • ARA Content Family Features • WorldNetDaily

Photography: Amanda Morello • Susan Skinner

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To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Publisher@CarmichaelTimes.com](mailto:Publisher@CarmichaelTimes.com). Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

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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](http://www.carmichaelwd.org) or call our office at (916) 483-2452.



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# Gourmet Cook-Off Pits Celebrities Against El Camino Gardens Staffers

By Susan Maxwell Skinner

Carmichael - Carmichael senior residence Atria El Camino Gardens saw spatulas clashing during a recent gourmet cook-off. Residents and guests cheered as competing teams prepared lobster dinners against the clock.

After contestants were awarded kitchen technique points, judges let their taste buds decide. With a distinct home-team advantage, the all-female Atria team sautéed off with top honors in the facility's fourth "Whose Chef will Reign Supreme" tournament.

Mid contest, Chef Ray Duey - a world-champion fruit craver and member of the culinary team that won the Food Network Challenge - provided a crowd-pleasing interlude. With deft knife flicks, he transformed a melon (pictured lower right) into a perfect red rose. While the judges declared themselves sated on lobster and rich butter sauces, no one went to bed hungry. Chocolate-



Visiting chefs John Holloway and Ray Duey vied with Atria El Camino Gardens staff chefs Katie Sittman and Susan Stangroom at a cook-off contest last week. Jubilant facility staff joined the dueling cooks. Judges were (front, from left) Dana Nunnery, Michelle Pont and Bill Husa. Photo courtesy Susan Maxwell Skinner

dipped strawberries were an audience treat; greedily gobbled by all.

To learn about Atria El Camino Gardens, visit [atria@seniorliving.com](mailto:atria@seniorliving.com).



*Carmichael Recreation and Park District is announcing these upcoming events*

## Carmichael's Gala Parade & Annual Fireworks Show!

Monday, July 4

### 53rd Annual Carmichael Elk's Club Parade - Start Time 10:30am!

The evening will culminate with the Annual Fireworks Show at La Sierra Community Center, 5325 Engle Road. Join us starting at 7pm for food, music and fun. \$5 gets your child unlimited access to the Kids Zone inflatables, crafts, puppet show and more. Carmichael Little League Snack Bar will be open for food, drinks, ice cream and more! Bring your blankets, lawn chairs and shade umbrellas. Fireworks Show at dark (approximately 9:30pm).

The 4th of July Celebration is sponsored by: Carmichael Recreation and Park District & Mission Oaks Recreation and Park District For more information call the District at (916) 485-5322 or visit our web page at [www.carmichaelpark.com](http://www.carmichaelpark.com).

## 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	Todd Morgan & the Emblems-50's Rock n' Roll/30's Jazz
Saturday, July 16	Departure-A Journey Tribute Band*-Journey Songs
Sunday, July 17	Carmichael Kiwanis Band-Swing Dance Band
Sunday, July 24	Gold Rush Brigade-Dixieland Jazz Band
Saturday, July 30	Because-A Beatles Tribute Band*-Beatles Songs
Sunday, July 31	The Newz Makers-Classic Rock/R&B
Sunday, August 7	John Skinner Band-Dance Band
Saturday, August 13	Q-Balls*-Classic Rock-60s to 80's
Sunday, August 14	Metro Swing-Dance Band
Sunday, August 21	Capitol Pops Concert Band-50 piece Concert Band
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Sunday, August 28	River City Concert Band-50 piece Concert Band

\* Denotes Saturday concerts



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## Award Given to Jesuit High School of Sacramento Student, Christopher San Juan of Carmichael

Christopher San Juan of Carmichael, a student at Jesuit High School of Sacramento was named the 2011 recipient of the Saint Michael's College Book Award for Academic Achievement with a Social Conscience.

The award recognizes students who demonstrate a commitment to leadership in volunteer service and academic achievement. Saint Michael's, located in Burlington, Vermont, one of America's top 10 college towns, was founded on the belief that serving others is part of its Catholic tradition, and through the award seeks to honor those who demonstrate the true spirit of volunteerism.

Award recipients, named at schools

throughout the country, are high school juniors who are inductees of the National Honor Society or an equivalent school-sponsored honors organization. They must demonstrate a commitment to service activities in high school or community organizations, taking leadership roles in these activities.

Tomshot was presented the book *First They Killed My Father: A Daughter of Cambodia Remembers* (HarperCollins 2000) by Loung Ung, a 1993 Saint Michael's College graduate who has become a widely acclaimed author. In "First They Killed My Father," Ung gives a powerful autobiographical account, from a child's perspective, of surviv-

ing captivity during the genocidal Pol Pot regime in Cambodia. She reveals an indomitable spirit in the face of profound suffering, including the loss of both her parents and two of her siblings. Ung has written a riveting memoir about a family's survival, and in turn, about the development of Ung's on-going crusade for a landmine free world.

Learn What Matters at Saint Michael's College, The Edmundite Catholic liberal arts college, www.smcvt.edu. Saint Michael's provides education with a social conscience, producing graduates with the intellectual tools to lead successful, purposeful lives that will contribute to peace and justice in our world.

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### The Federal Reserve Is why!

Commentary by Gary Gibson, Whiskey & Gunpowder Reprinted by Permission

The Federal Reserve is supposed to promote full employment and stable prices, yet its actions cause jobs to disappear and prices to rise. This should come as no big surprise, at least it shouldn't if you're not inclined to think government intervention is either desirable or productive. The Fed is government intervention at its purest: the central bank with the legal monopoly on the creation of new money.

The Fed has essentially one trick. It can legally conjure new money whenever it wants. With this one trick it manages to force interest rates down. Mainly it lends the new money to the U.S. government. That is to say, it buys government bonds.

The artificial demand the Fed creates by throwing billions of dollars at government bonds has a depressive effect on interest rates. But these lower interest rates are not a result of those free market forces we champion at the Whiskey Bar. Rather, they are the result of the machinations of a government-chartered bank with a monopoly on the issuance of currency.

The Federal Reserve's goal is to make borrowing more attractive because of the lower interest rates... but the boom that results is one built on debt that must eventually be serviced...and inevitably at higher rates.

The Fed also loves it when lower rates make lending money or putting it in interest bearing savings accounts less attractive to investors. People instead seek returns in other markets...like stocks. This is supposed to be a good thing. Notice Ben Bernanke points to a rising stock market as proof that his orchestrations were masterful.

But all he really did—all central bankers really ever do—is create new money and shovel it into circulation. Creating money to encourage mass indebtedness and speculative investing, however, isn't exactly a winning strategy. It's like taking up

smoking so the nicotine will help your concentration when you're picking the ponies. Or something like that.

You'll notice that the stock market is responding less and less to the byzantine stimulus of lower bond yields. And people are up to their eyeballs in debt, and interest rates are rising despite the Fed's efforts. This is your classic "pushing on a string" scenario. It's rather like the point at which more alcohol starts shutting down the imbibers' autonomic functions instead of producing more drunken bliss.

The stimulus of treasury-buying with new money is now having the opposite of the intended effect. After the initial euphoric response, things are getting worse.

And then there's the matter of all that new money...

We're not sure why central bankers and so many economists believe that new money can be created out of thin air—without any corresponding increase in economic activity or actual wealth—and inflationary results somehow be avoided...as if the new money will conveniently behave itself and keep from being used to bid up general price levels!

There wouldn't be much of a problem if the Fed had only created just a few hundred new dollars... even thousands. Enough, say, to buy the legal counterfeiters cool new cars and some snazzy threads. But we're talking about the creation of billions upon billions of new dollars here. Those dollars are sloshing their way through the economy and they're going to show up more and more in the general price levels. (Their very creation also makes some of the other big holders of U.S. debt—like the governments in Asia—worried about being paid back with money that's worth far less in real terms.)

Those new dollars have to get spent into circulation to do their damage, but that's never a problem. Whoever gets them first will get to benefit before prices go up (and those prices go up at all because the new money is being spent in the first place!)

Cui bono? Why, those to whom the Fed hands the dough first. Traditionally that's meant the government whose debt the Fed buys with the money it wills into existence, but lately the Fed has seen fit to hand new money straight to banks, because after all this is a crisis. Apparently you fix crises you engineered in the first place by bailing out your cronies in the big banks.

The government uses that money to pay the staff in its countless departments, contractors, military and others counting on a government check. The banks use the money to pay their senior members enough to keep them in million-dollar Manhattan apartments.

The rest of us get to beg our employers to give us raises that keep up with this mysterious price inflation. But it's really not so mysterious. It happens as the first-users of new money drive up the prices on the things we all need... like food and energy.

The new money doesn't simply go into the prices that the Fed would like it to, like stocks. It gets all over the place. The least connected, the very poorest farthest away from the new money feel the effects first. In our modern global system, that means that a family in a "developing country" will find themselves paying around half of their meager daily income for the food that used to take only a quarter of it. Eventually they may find that they can't afford much food at all.

The typical middle class American is only just barely feeling the pinch now, but there's a lot more pain to be felt. In 2010 Americans spent around 5% of their incomes on food. Things could be a lot worse. In fact, they likely will be soon enough. Increased food and energy prices are currently only a drag on consumer spending. Eventually, however, the essentials could get costly enough to cause serious privation.

The threat of mass starvation tends to lead to all sorts of unpleasantness. Individuals can do prepare by saving in real money (gold and silver and copper-nickel), but that does nothing to remedy the discontent and likely rioting from the millions of others who will not be so prepared.

We can't say how much of this future woe is already baked in. We do know that more quantitative easing will just make a bad situation worse. It's not idle speculation. History shows again and again that unbacked money creation by governments and central banks only leads to misery.

The pundits are debating whether or not QE3 will follow anytime soon or if will even follow at all. Let them hash it out. In the meantime, if you can't or won't get out of the U.S. entirely, you might want to consider at least not being in the middle of any large population centers.

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Crossword Puzzle on Page 6

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# END of the BENCH

by Gerry Scholl

## A Special Joy

What's so special about the Special Olympics? Just everything, that's what!

There was an overwhelming sentiment of sheer joy permeating the scene at Toomey Field on the UC Davis campus Sunday during the track and field events in the 2011 Special Olympics Northern California Summer Games. It was evident on all the faces in the crowd: the many volunteers and organizers; the teammates, coaches, family members and friends on the field, in the stands and hugging the railings during events; and the athletes preparing to compete, toeing the starting line or celebrating the completion of their events.

In many ways it was just like any other track meet. It was hot. There was a lot of standing around and sometimes a lot of time between events. There was intensity on the marks before the starter's gun and last-second coaching tips from the sidelines. There was a reasonable gathering of fans, mostly comprised of people with immediate connections with the competitors. And yet, it was a totally different vibe. The focus wasn't centered

on winning, but on exulting in personal triumphs. Every time the greatest cheers came as the final runner came down the stretch.

Last week in this space I was exorcising demons, venting on many of the not-so-nice goings-on in the world of sports. And, wouldn't you know it, this week is so completely the opposite. Just a couple of hours absorbing the vibe and I felt as if I'd undergone a sporting spiritual revival.

"Some really do get upset if they don't win," one coach said. "As a coach my job is, win or lose, to make sure they are having fun on the track. Their emotions are the same as anybody else, and then some. They are more open to learning, and have a willingness to learn and get out there and do it."

I visited one of the information booths for some helpful notes. I was welcomed to lots of impressive facts and figures regarding the volunteers, the donors and participants. But most impressive about all of that was the enthusiasm with which it was delivered. "It's about training for life, and self-awareness, self-

esteem and character."

A teacher from a nearby community was out to watch his 18-year-old student, Jeremiah, compete. He bragged on the event, "Well done. A labor of love." He effused pride and joy talking about Jeremiah's second-place finish in the 100m and first in the 4x100 relay. "They're all out there trying hard to be successful, and to feel confident regardless. It's beautiful."

The Fresno Fire, Santa Clara Speedsters, Tri-Valley Rockets, Team Davis, The Sacramento County Chargers and many more wore their team colors proudly and athletes cherished their gold, silver and bronze medals. There were winners on many levels.

A badge that many people were wearing might have said it best: "Let me win, but if I cannot win, let me be brave in the attempt." This was a rare occasion when many brave souls meant that everybody wins.

"It's so nice when you get the whole family involved," someone said.

Special Olympics: One big happy, joyful family.

## Pet Loss Center to Hold Open House

Sacramento – The general public is invited to an open house to the newly remodeled East Lawn Pet Loss Center offices as well as St. Francis Community Hall. The pet cemetery has been in operation since 1992 and has more than 1,100 pets interred on the grounds, including 43 police/rescue K-9's from several Northern California departments. The open house is scheduled for Wednesday, June 29, 2011 from 3:00 p.m. to 7:00 p.m. Over 300 guests are expected to attend the Open House and tour the

newly remodeled facility.

East Lawn Pet Loss Center and St. Francis Community Hall is located at 6700 Verner Avenue, Sacramento, (Greenback at I-80) adjacent to Sierra Hills Pet Cemetery and Sierra Hills Memorial Park. The facility features an arrangement room with wall displays consisting of pet cremation urns, caskets, memorial pet headstones, two visitation rooms and a prep room.

St. Francis Community Hall is a 1,400 square foot hall with a vaulted

ceiling, an adjoining banquet kitchen and state-of-the-art AV equipment. It can accommodate up to 200 guests for community events such as chamber and rotary meetings, as well as private functions such as funeral luncheons and receptions. The facility is providing donated space to pet rescue groups for pet adoption events throughout the year.

Contact Lisa West (916) 732-2037, Pet Loss Center Counselor/Developer for more information.

**Grand Opening Open House**

Wednesday, June 29, 2011  
3:00 - 7:00 PM  
Facility Tours

Tour both our newly renovated Pet Loss Center as well as St. Francis Community Hall

Complimentary Gift & Refreshments  
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For More Information call: (916) 732-2037

**PET LOSS CENTER**

St. Francis Community Hall and East Lawn Pet Loss Center are located at Sierra Hills Pet Cemetery 6700 Verner Avenue, Sacramento, CA (I-80 at Greenback)

Bring Your Pet!

## Sac Metro Fire Investigators Make Arrest

Sac Metro Fire Report

Sacramento – On June 23, 2011, Delia Soto was located, arrested, and booked into the Sacramento County Jail for Arson.

On May 27, 2011 Sacramento Metro Fire District responded to a report of a commercial vehicle fire at the 6500 block of Den Avenue. Firefighters arrived and discovered a motorhome on fire. The fire was extinguished by firefighters. Fire Investigators determined the cause of the fire was Arson. Two adults were inside the motorhome when the fire was started.

The investigation led to an arrest warrant being issued for Delia Francis Soto for violation of Penal Code Section 451 (b) –



Delia Soto

Arson to an inhabited dwelling and two counts of Penal Code Section 422 – Making a terrorist threat to cause great bodily harm and/or death. Bail was set at \$250,000.

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.  
Come back every week for Sudoku!  
For Solution See Page 8.

### STATEPOINT CROSSWORD • THEME: INDEPENDENCE DAY

#### CROSSWORD

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#### CLUES

**ACROSS**

- Very light wood
- School support org.
- "Don't get fireworks \_\_\_\_"
- Once more
- Poetic "even"
- "Done to America on the Fourth
- The \_\_\_\_\_, Marvel Comics
- Landers or Coulter, e.g.
- One up
- "First to sign the Declaration
- Not yet tested
- Make a mistake
- Clothed
- Ogre-like creature
- Target of grand theft
- "Wild Blue \_\_\_\_\_"
- Action word
- This over matter?
- Hollow rock
- Butter substitute
- Haze over
- Seed cover
- Twisted cotton thread
- Irritate or disturb
- Printing unit
- 8vo
- City in Nevada
- Eye infection
- SAT, e.g.
- Gremlin or pixie
- Name of geographical place
- "Between life and pursuit of happiness
- What volcanoes do
- "Home of the brave"
- Ralph in Paris
- Puzzle in pictures
- Cow chew
- Fill with optimism
- "Seamstress Betsy
- \*Anthem writer
- Truth \_\_\_\_\_

**DOWN**

- Soaking ritual
- Title for Turkish leader
- Past participle of "lie"
- From then on
- Fluffy sweater material
- Pinnacle
- "Number of amendments in Bill Of Rights
- Declare invalid
- Grim
- Not in favor of
- Pie a la \_\_\_\_\_
- Poking instrument
- "Edible favorite"
- Pigeon food?
- Negative response
- Acquire more evidence
- Convex molding
- Antiquity of the past
- Summit
- Wedding cake layer
- Less than average tide
- Singer and actress Day
- Authoritative proclamation
- 4 x 4 race
- Cowboy's necktie
- Clinton's 1996 contender
- Many geniuses
- "When in the course of human \_\_\_\_\_"
- \_\_\_\_\_moron
- \_\_\_\_\_Chinoises, aka shadow play
- Without self-control
- \*Famous portrait painter
- Territory, abbr.
- Dunking treat
- Taverns
- Chopin's creation, e.g.
- Tramp's companion
- Lion's sound
- "Swan Lake" outfit
- Big bang theory's original matter
- File a suit

For Solution See Page 5

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**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
 #34-2011-00104326  
 WHEREAS, Pabeta Marie Romero has filed a petition with this court for a decree changing name of Pabeta Marie Romero to Paula Marie Ackeret.  
 IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 29, 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 2, 2011.  
 Kevin R. Culhane  
 Judge of the Superior Court  
 Publish June 8, 15, 22, 29, 2011.  
 ACKERET 10602 6-29-11

#34-2011-00103696  
 WHEREAS, Rose Mary Nonette has filed a petition with this court for a decree changing name of Rose Mary Nonette to Rose Mary Carter.  
 IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 8, 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 19, 2011.  
 Kevin R. Culhane  
 Judge of the Superior Court  
 Publish June 8, 15, 22, 29, 2011.  
 CARTER 10602 6-29-11

Deed of Trust in the property situated in said County, California describing the land therein: Legal description as more fully described in said deed of trust. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 2220-2222 CLAREMONT RD, CARMICHAEL, CA 95608. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$421,235.21 (Estimated) \*Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. DATE: 06/15/2011 RSM&A Foreclosures Services 15165 Ventura Boulevard, Suite 330 Sherman Oaks, CA 91403 805-804-5616 For specific information on sales including bid amounts call (714) 277-4845. Kimberly Karas, Authorized Agent of RSM&A Foreclosures Services FEI# 1045.01276 06/15, 06/22, 06/29/2011. Publish June 15, 22, 29, 2011. FEI 10603 6-29-11

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, 2011.  
 MITCHE 10603 7-6-11

**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.  
 IT 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, 2011.  
 RODRIG 10603 7-6-11

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 by 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 the California Probate Code.  
 The name, address and telephone number of petitioner or petitioner's attorney is: Henry S. Miller, Jr., 1308 "F" St., Sacramento, CA 95814; 916-712-4382. Publish June 22, 29, July 6, 2011.  
 MILLER 10604 7-6-1

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-Auctioneer  
 Publish June 29, July 6, 2011.  
 SILICO 10605 7-6-11

**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 Douglas 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 10605 7-20-11

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME**  
 #34-2011-00104280  
 WHEREAS, Kimberly Ann Schneider has filed a petition with this court for a decree changing name of Kimberly Ann Schneider to Kimberly Ann Lombardi.  
 IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 29, 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 1, 2011.  
 Kevin R. Culhane  
 Judge of the Superior Court  
 Publish June 8, 15, 22, 29, 2011.  
 LOMBAR 10602 6-29-11

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

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**Sudoku Puzzle on Page 6**

5	8	4	1	3	2	9	7	6
9	3	7	6	5	8	1	2	4
2	6	1	4	7	9	8	5	3
4	1	2	3	9	5	7	6	8
3	5	9	8	6	7	4	1	2
8	7	6	2	1	4	5	3	9
6	4	5	9	2	1	3	8	7
1	9	3	7	8	6	2	4	5
7	2	8	5	4	3	6	9	1

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# Casting Call for Broadway Babies



Curtain call. Singers and dancers wait backstage for their cue to dazzle in the Best of Broadway stage production. Auditions for the show's 38<sup>th</sup> annual series began in Fair Oaks this month. Photo by Susan Maxwell Skinner

By Susan Maxwell Skinner

If not exactly American Idol, Sacramento's Best of Broadway series annually plucks talented artists from obscurity and drops them center-stage.

Auditions for the 2011 production began this month. Singers and dancers from seven years old and up may make appointments to show their talent for producers at the Fair Oaks Theater (7991 California Ave, Fair Oaks). After three months of rehearsal, the review will kick off on

September 16 and continue weekend performances until October 2. Around 120 volunteers usually comprise the cast. Wannabes should have performance experience but any talent is considered. "We'll have many openings for dancers this year," predicts producer Dave MacDonald. "Many of our regulars are now in professional stage careers."

Much lauded and applauded, the glitzy review's 38-year run has launched famous careers. Belting out an "Annie," song, actress Molly Ringwald made her debut in the 1976

production. Recalls MacDonald: "She was eight and she stopped the show every night. Weeks later, I drove her to "Annie" auditions in San Francisco. That was the start of her career." Singer Teal Wicks followed a similar route and now has the New York lead in "Wicked."

Applications are also open for the scores backstage helpers who augment MacDonald's volunteer labor force. The Fair Oaks Theater Festival co-produces the show. For audition information, go to [www.bestofbroadway.org](http://www.bestofbroadway.org).



## Carmichael Chamber of Commerce

**Free Advertising for Members**

You're missing out on an opportunity for FREE advertising if you don't bring in a stack of your business cards to the Chamber office. Walk-ins regularly stop buy and pick up business cards for our Chamber members. Don't miss this opportunity to get your business name in the hands of potential customers. Call Linda at 916-481-1002 to drop them by the office.

**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**

<p style="text-align: center;"><b>Multi-Chamber Mixer</b></p> <p style="font-size: x-small;">Wed, Jun 29, 2011 from 5:30pm - 7:00pm @ Northridge Country Club</p> <p style="font-size: x-small;">Hosted by Carmichael Chamber, Fair Oaks Chamber, Citrus Heights Chamber, and Orangevale Chamber.</p>	<p style="text-align: center;"><b>Carmichael Chamber Mixer</b></p> <p style="font-size: x-small;">Wed, Jul 13, 2011 from 5:30pm - 7:00pm @ California Family Fitness</p> <p style="font-size: x-small;">Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards</p>
---	---

Contact us for more information on the Carmichael Chamber of Commerce  
Phone (916) 481-1002 • Fax (916) 481-1003 • [www.carmichaelchamber.com](http://www.carmichaelchamber.com)

Fair Oaks Theatre Festival & American River College Present

# Annie

June 17 - July 24  
Friday, Saturday & Sunday  
at 8:30pm

TICKETS \$8-\$15  
bring this ad for  
**\$2 OFF**  
general ticket price

916.966.3683 • [www.fairoakstheatrefestival.com](http://www.fairoakstheatrefestival.com)  
Veteran's Memorial Amphitheatre 7991 California Ave., Fair Oaks Village



## California Institute of Jewelry Training

Carmichael, California

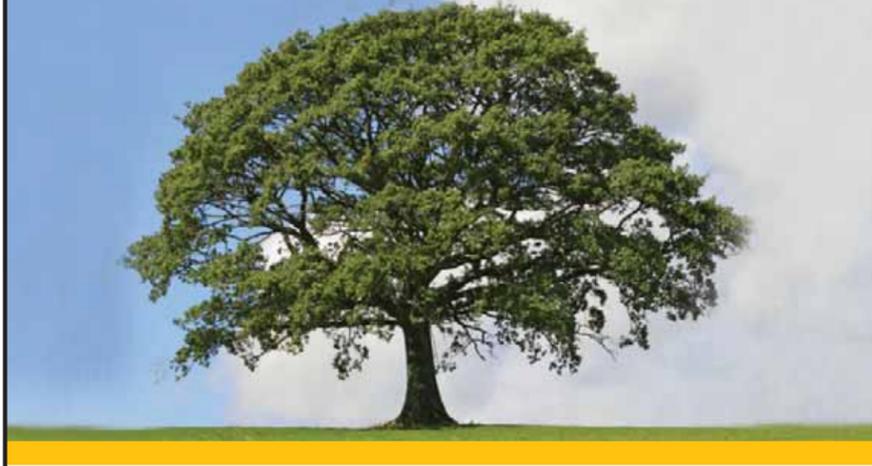
**Jewelry Gallery & School**  
Offering Jewelry Design, Gemology & Appraisal - Open to the Public.

**Call about 2011 Classes**




**916.487.1122**  
[www.jewelrytraining.com](http://www.jewelrytraining.com)

5805 Windmill Way and Manzanita,  
Across the street from Windmill Nursery & Kelly Moore



## Time To Enjoy The Life You Deserve

Nestled in the heart of Carmichael, there's a retirement community called Carmichael Oaks. This beautiful community offers:

- Social & Activities program
- Scheduled transportation
- Beauty salon & exercise room
- Theatre & computer center
- Weekly housekeeping
- 24 hour emergency staff

Independent & Assisted Living as well as Memory Care.



**Carmichael Senior Living Oaks**

916-944-2323 office  
[www.carmichaeloaks.com](http://www.carmichaeloaks.com)

**Save \$1500 or more!**

Limited Offer



LIC# 347003685

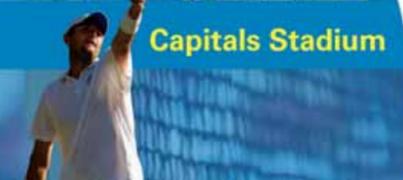
# the CATCH ACTION

You've never seen tennis like this!

- Fast-Paced Matches
- Cheering Fans
- Upbeat Music
- Beer, Wine & Food
- Fun For All Ages



Visiting Players



Home Team

Visit [www.Saccaps.com](http://www.Saccaps.com) for Tickets

Ticket prices start at \$20 adults, \$10 Kids

Experience the energy, excitement and action of Sacramento Capitals World Team Tennis (WTT)

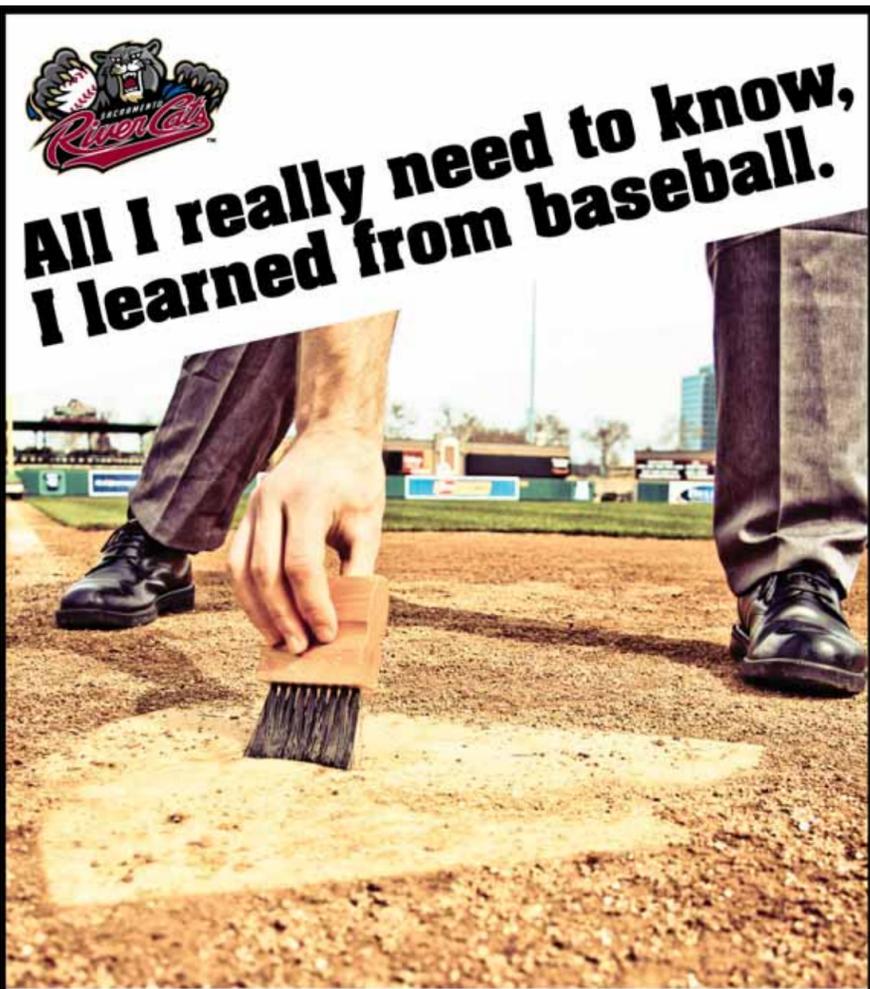


Watch top-ranked and world renowned tennis players including Serena Williams, Martina Hingis, Mardy Fish and the Bryan Brothers.

## Capitals 2011 Schedule

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

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



**All I really need to know, I learned from baseball.**

**#1 Clean your plate.**

**JUNE 30-JULY 3**  
vs TUCSON PADRES  
AFFILIATE OF SAN DIEGO PADRES

**JULY 2<sup>ND</sup> AND 3<sup>RD</sup>**  
**INDEPENDENCE**  
**WEEKEND CELEBRATION**

★ Saturday, July 2 @ 7:05 p.m.  
**Sutter Health**  
postgame fireworks  
★ Sunday, July 3 @ 6:35 p.m.  
presented by US Army  
**Sutter Health Fireworks**  
Extravaganza

For the complete game schedule and promotions visit [rivercats.com](http://rivercats.com). Tickets available at the Raley Field Ticket Office or [ticketmaster.com](http://ticketmaster.com). Call 916.371.HITS (4487) for information on season tickets, suites, and hospitality areas.



**Independence Day Dance**

*Celebrate to the tunes of the Rotary Rooter Band*

Friday, July 1 • 7-9pm • \$5/person

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

**Luxury Motorcoach**

- *Strauss Festival of Elk Grove*  
Friday, July 29, 2011 • \$65/person
- *Gilroy Festival*  
Sunday, July 31, 2011 • \$69/person
- *"Annie"*  
Wednesday, August 3, 2011 • \$117/person  
Theatre, hosted lunch, & travel to Jamestown

Monthly newsletter available online and at the community center for additional classes and events.

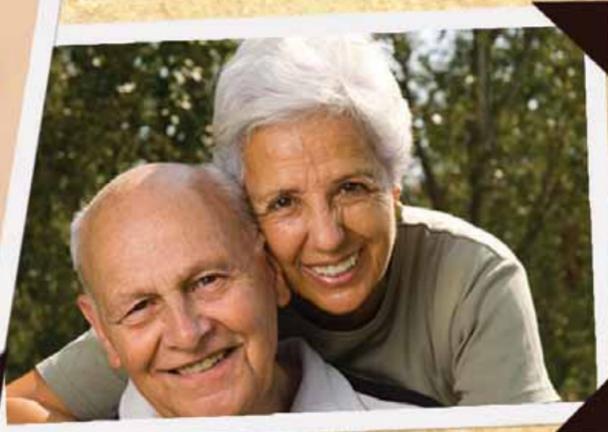
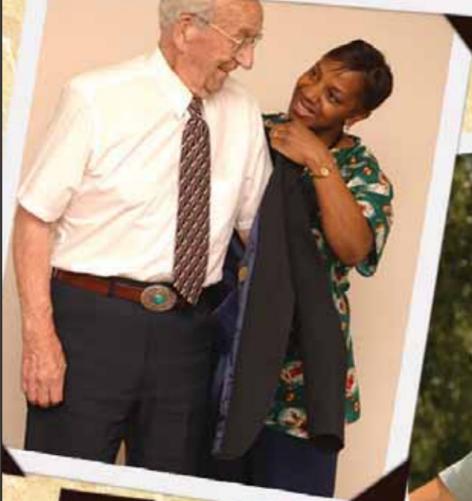
For more information call (916) 972-0336 or go to [www.morpd.com](http://www.morpd.com).

**NEW Summer Dance Night!**  
Wednesdays: 7-9:30pm • June-September • \$7/person  
*Swing to Rock to Country*  
**THE SENSIBLE SOUNDS DANCE BAND**

**Summer Preschool 2011**  
Register Online@[morpd.com](http://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](http://www.morpd.com)

DISTRICT OFFICE  
(916) 488-2810 • Fax (916) 488-4349  
3344 Mission Ave., Carmichael CA 95608  
MISSION OAKS COMMUNITY CENTER  
(916) 972-0336 • Fax (916) 972-7371  
4701 Gibbons Dr., Carmichael CA 95608  
SWANSTON COMMUNITY CENTER  
(916) 333-6464 • Fax (916) 488-4349  
2350 Northrop Ave., Carmichael CA 95825



*Providing quality affordable senior living!*

**Offering a Range of Care:**

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- Licensed Assisted Living
- Memory Care Apartments — **The Garden**
- Memory Day Care — **The Club**
- Respite Suites for Short-Term Stays

**Financial Assistance Programs Accepted:**

- SHRA
- Medi-Cal ALW
- VA Benefits

*the Chateau*  
at Carmichael Park

Lic.#347001523

7125 Fair Oaks Blvd., Carmichael  
**(916) 481-7105**  
[www.chateaucarmichaelpark.com](http://www.chateaucarmichaelpark.com)



**HFP HANK FISHER PROPERTIES**  
[www.HankFisherProperties.com](http://www.HankFisherProperties.com)



# POPOFF!

with Mary Jane Popp

Dr. Gahlinger claims there are lots of reasons for this travel like:

1. Decreased costs...for example, a bone marrow transplant is about \$250,000 in the United States vs as little as \$25,000 in India. Medications are also cheaper, often less than 50% of the cost in the U.S.
2. Avoidance of lengthy delays in treatment...this is particularly true with managed care insurance in the U.S. including Medicare and Veteran's Administration.
3. Availability of high quality care... many overseas hospitals excel in new or highly sophisticated procedures. Excellent hospitals in the U.S. are generally limited to major coastal cities.
4. Cosmetic or medical procedures that are unavailable in the home country...for example stem cell therapy, which is not generally available in the U.S.
5. The opportunity to combine a vacation with medical care. This is not available in the U.S. except for very limited procedures and highly expensive accommodations.
6. The opportunity to combine medical care for multiple family members in a single trip. This is not available in the U.S., where each family member is treated entirely separately and often in different facilities.
7. The opportunity to combine diverse types of health care: for example, cosmetic surgery, dental care, and executive physical, spa treatment,

and alternative methods such as ayurvedic care. In the U.S., separate facilities and individual arrangements would be needed for each.

1. The doc does cover some of the concerns like:
2. Lack of knowledge
3. Lack of advice
4. Lack of trust
5. Lack of follow-up care
6. Lack of medical malpractice protection
7. Lack of quality assurance
8. Lack of travel experience or preparatory knowledge

Dr. Gahlinger is a physician and medical school professor who has traveled and studies medical tourism in 120 countries. He serves as an adjunct professor of medicine at the University of Utah and as a funding analyst for the Bioastronautics Research Division of NASA. He attempts to tackle all the issues in "The Medical Tourism Travel Guide" or you can check out his website [www.medicruiser.com](http://www.medicruiser.com). As Dr. Gahlinger puts it this way, what if you could get top-notch medical care by highly skilled, U.S.-trained physicians in a world-class medical facility, all at a cost far less than treatment in the United States? A new idea to ponder! But always keep in mind...Buyer Beware...no matter what country you choose.

Join Mary Jane for the KAHN Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.

## MEDICRUISER

With all the hubbub about medical care and medical costs, folks are on the lookout for better prices. Did you know that medical tourism is a major world industry estimated at billions of dollars per year, and expanding 30% annually. India, Singapore, and Thailand generate \$2 billion per year in revenue. Most medical tourists come from European and Middle Eastern countries, but the numbers are growing from the United States. In 2006, over 770,000 residents of the United Kingdom traveled for health care. The principal barrier is unfamiliarity and distrust of the services, and concerns about the availability of post-procedural care. Enter Dr. Paul Gahlinger with his Medical Tourism Support Services who alleges he can solve these limitations and facilitate overseas health care. He covers a lot of territory in his book "The Medical Tourism Travel Guide." It is a complete reference to top-quality, low-cost, dental, cosmetic, Medical Care, and Surgery Overseas.

Exclusive Extras!!

CRUISES ETCETERA

Cruise with Radio/TV Host Mary Jane Popp

March 3-10, 2012

7-Night Western Caribbean Cruise

from New Orleans to  
Cozumel - Cayman Islands - Jamaica

From \$599\*

pp/dbl \*cruise only  
Add \$76 tax

cst 2004879-10

Call CRUISES ETCETERA 916-721-9202  
6921 Greenback Lane, Citrus Heights, CA

Limited Space!!  
Call Today!!

## Fab 40's "Un-Run for Understanding" An Alzheimer's Awareness Day



Saturday, July 9, 2011  
Location: East Lawn Memorial Park,  
43rd St. and Folsom Boulevard  
Time: 9:00 AM - Noon

### Calendar of Events:

- 9 AM - Welcome, and a light breakfast.
- 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.

- 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 has suffered from Alzheimer's disease.
- 10:45 AM - Untimed one-mile walk within East Lawn.
- 11:30 AM - Free luncheon.

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.

Visit our website at: [www.fab40s5k.org](http://www.fab40s5k.org) for details

## Have YOU Taken Your Tour?



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](http://sswd.org) under "Water Education/Water-Wise Plant List."

FREE Admission!

7800 Antelope North Road, Antelope



# 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](http://savewithsmud.org)



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## Dental Resources at your Finger Tips!



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

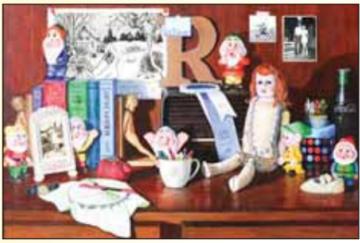
Visit First 5 Sacramento's dental website at:  
[www.First5SacDental.org](http://www.First5SacDental.org)

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



# SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community



"20 Years of Favorite Things" by Rodonah Cook.

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, entertainment, 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
November 1-19, 2011	Annual Photography Show
November 22-December 3, 2011	Ars Gratia Artis
December 9-11, 2011	Holiday Craft Fair



5330-B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713  
 Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.  
[www.sacfinearts.org](http://www.sacfinearts.org)

# Almondale Academy



## Summer Program 2011!

**Enroll for FALL by 7/1/11 & receive 50% off one month of tuition!**

Almondale Academy's 9-week Summer Program starts June 13th & offers fun Camp activities (Arts, Crafts, Games, Sports, Cooking, Swimming, Field Trips & more!) Plus ~ individualized academics for all grade levels K-12, including credit courses for high school students. Almondale Academy provides a fun & safe learning environment, plus extended care...all year round. Call or stop by today!

### Enroll Now for Fall!

- Affordable Tuition
- K-12th Grades
- Individualized Academics
- Small Class Sizes (Max 12)
- Drama / Foreign Language / Music / Computer / Art / Field Trips & more!

\*Some restrictions apply. Please call for offer details.

Almondale Academy  
 8616 Greenback Lane  
 Orangevale, CA 95662  
**916-988-8611**  
[AlmondaleAcademy.net](http://AlmondaleAcademy.net)

# \$10 off

ANY PURCHASE OF \$50 OR MORE

Not valid with any other offer.  
 CODE# 4110  
 Product availability governed by state and local laws. Check local ordinances for sale and use of fireworks.

To redeem you must present coupon at checkout of participating TNT® Fireworks stands and tents, or TNT® Supercenter locations.

OFFER GOOD THRU JULY 5, 2011.

### ENTER FOR A CHANCE TO WIN A PICKUP TRUCK AT YOUR LOCAL TNT® STAND:

No purchase necessary. Must be at least 18 years of age and have a valid driver's license. To enter, complete an entry form at a participating sales location by July 5, 2011. Only one entry per person. See Official Rules at sales locations or at: [www.tntfireworks.com](http://www.tntfireworks.com) for details. Promotion is not sponsored by, approved by, or affiliated with any vehicle manufacturer, or its parent, subsidiaries, or affiliates. Void where prohibited.

TNTFireworks.com



SEE OFFICIAL RULES FOR DETAILS: For Illustration Only. Vehicle offered as prize will differ.

# WIN! TNT® TRUCK REGISTER HERE!

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Over 25 items under \$5



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Buy One American Spirit and Get One Sizzler FREE "While supplies last"



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## ASSORTMENTS

Ranging from \$9.99 to \$500



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## NEW FOR 2011



\$24.99

\$29.99



\$3.00



\$9.99



\$19.99



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