Carmichael Times



Vaccinate! A Parent's **Guide to Immunizations**

Daughters and Dads **Enjoy Cuttin'** a Rug

Page 3

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Volume 31 Issue 30

Serving Carmichael and Sacramento County since 1981

July 27, 2011

A Busy and Wonderful Life

Page 2

By Susan Maxwell Skinner

Carmichael - For Carmichael's Farmer's Wife, Rosemarie Martell, the summer months bring 12-hour work days on a dusty corner.

When kids venture out at Halloween, the 70-year-old greengrocer bags final autumn apples and prepares for vacation. This year marked her fourth decade at the roadside stand on Winding Way. "Halloween is a memorable date to close every year," says the Germanborn merchant. "Then we open again on April 15. Yes, tax day is also unforgettable."

The Farmer's Wife vegetable stand is a Carmichael tradition. In 1970, Clayton and Maize Mize founded the original booth next to their home garden. Mother of four, Rosemarie Martell helped keep shop in the store's early years. In 1998, she and husband Gordon Martell took over as proprietors. "I became the Farmer's Wife," declares Rosemarie. "So my husband is the Farmer."

Former automobile dealer Gordon Martell jumped at owning this business and its garden. "He once had high blood pressure," said his wife. "Now that's gone. Hard work and good food is the secret. We work all day, seven days a week." The couple does not dread inevitable 112-degree Carmichael days. "Bring it on," says Gordon. "We are acclimatized. We hated this year's cold spring. Nothing wanted to grow."

Trade is seasonal Becau



Rosemarie and Gordon Martell offer a ripe cornucopia at their produce stand. The Winding Way landmark has been in business since 1970. Photo by Susan Maxwell Skinner

by November. "I hate closing," Rosemarie laments. "I miss our regulars. I've known them for 40 here since the stand began. Our garmarket gardens, supplies dwindle years. We're all so happy to see our to bookkeeping, they take February

customers again when the asparagus and strawberries start in April."

Far from hibernating, the Martells years. My friend Astrid has worked have a winter gig. By December 24, their stand sells nearly 1000 duce comes directly from local dener, Cirilo, has been with us for 14 Christmas trees. Dedicating January

off and plant organic crops in spring. "Growing things is the fun part of it," says the farmer's wife. "We'll never be rich but we love what we do. It's a busy and wonderful life."

Visit the Farmer's Wife at 5701

California Adult Smoking Rate Reaches Historic Low

From California Department of Public Health

Sacramento - The state's adult smoking rate has hit a record low, announced California Department of Public Health (CDPH) Director Dr. Ron Chapman last week. Last year, 11.9 percent of the state's adults smoked, down from 13.1 percent in 2009, making California one of only two states to reach the federal Healthy People 2020 target of reducing the adult smoking prevalence rate to 12 percent.

Smoking Prevalence among California Adults, 1984-2010

"The drop in smoking means that fewer people will see their lives cut short by tobacco," Chapman said. "Since the inception of California's tobacco education efforts in 1990, we have witnessed declines in lung cancer, heart disease and other tobacco-related illnesses."

Chapman praised the state's success in reducing tobacco use, but noted California must continue its aggressive efforts: "While we take great pride in seeing smoking decrease nearly 10 percent in just one year, smoking remains the number one preventable cause of death and disease, killing more than 400,000 Americans each year."

Smoking among high school students decreased from 14.6 percent in 2008 to 13.8 percent in 2010, while middle school student smoking decreased from 6.0 percent in 2008 to 4.8 percent in 2010.

Although men continue to smoke at higher rates than women-14.4 percent and 9.4 percent respectively-both groups have shown declines

since 2009 when 15.6 percent of men and 10.7 percent of women smoked. In addition, smoking rates declined among all age groups. The most significant decrease occurred among adults ages 25 to 44, which fell from 15.2 percent in 2009 to 13.1 percent in 2010.

California's 2010 adult smoking rates are from the Centers for Disease Control's Behavioral Risk Factor Surveillance System. The 2010 youth smoking prevalence rate is taken from the in-school California Student Tobacco Survey that is fielded biennially. Charts illustrating the data are available at www.cdphca.gov/programs/tobacco/Pages/ CTCPMediaCampaign.aspx

The California Tobacco Control Program was established by the Tobacco Tax and Health Promotion Act of 1988. The act, which was approved by California voters, instituted a 25-cent tax on each pack of cigarettes and earmarked 5 cents of that tax to fund California's tobacco control efforts. These efforts include funding local health departments and community organizations, an aggressive media campaign and tobacco-related evaluation and surveillance. California's comprehensive approach has changed social norms around tobacco-use and secondhand smoke which have produced dramatic results. It is estimated California's tobacco control efforts have saved more than 1 million lives and have resulted in \$86 billion worth of savings in health care costs. To learn more about California's program, TobaccoFreeCA.com.

Fido Fashionistas to Aid Park Appeal



Canine Corral supporters and pooches will stage a fashion show as part of their fundraising efforts. Volunteers hope to raise \$125,000 for improvements to Carmichael Park's off-leash dog facility. Photo by Susan Maxwell Skinner

By Susan Maxwell Skinner

A recent Carmichael Park District Master Plan might as well be termed a master and mutt plan. The venture requires \$250,000 to be spent on new infrastructure for the 10-yearold Canine Corral in Carmichael

The district will meet half the expense. To raise the remainder, facility users are doggedly pitching in. "Our corral is a success," says sup-

porter Bonnie Smith. "We have over 3000 visitors from three counties, annually. The park allows dogs to run off -leash, to play and become better citizens. But many users are not members of our dog park association. They contribute nothing to upkeep. We need new fences, better drainage, night time lighting and protection from the blazing sun. It costs more than the park district can

A recent pot luck and training

exhibitions event yielded \$1000 to get the fundraising ball rolling. A September 17 fete will feature music, vendors and a dunk tank for wet and willing organizers. Entertainment on Carmichael Founders day (September 24), will include the Corral's doggie fashion parade. Beginning this month, proud masters can submit mutt pictures for a "cutest photo" contest. Twelve top dogs will star in a 2012 calendar, to be sold for fundraising.

"We also need donated labor and materials," says Smith. "We hope an engineer might donate time and skill for infrastructural design." Businesses and individuals are also encouraged to write checks; big spenders will get plaques at the 1.3 acre Corral facility.

Submit "cutest photo" entries to www.carmichaeldogpark.com

For more information call (916) 873-2326.

Ortiz Graduates from Basic Training

Air Force Reserve Airman 1st Class Joseph P. Ortiz graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program

that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree

through the Community College of the Air Force. He is the son of Ruth Ortiz of

Merrimac St., Carmichael, Calif. Ortiz graduated in 2006 from Camino High School, Sacramento, Calif.

Del Campo High School 25-Year Class Reunion

Del Campo High School's Class of 1986 will hold its 25-year class reunion this summer. The event, which will take place on Friday, August 12, 2011, will take place at the Radisson Hotel Sacramento. The doors will open at 7:00 pm.

The theme for the reunion, "Ready to Have Fun Again", sets the tone for the much-anticipated event that is expected to reunite the class of more than 500 students. The 1986 graduates of this high school, which is located in the Fair Oaks suburb of North Sacramento, are encouraged to attend the reunion and catch up with classmates from 25 years ago, to revisit old friendships and create new ones. All alumni and their guests are invited to attend the reunion. The Reunion Planning Committee has established affordable registration fees for the convenience of class-

During the reunion, guests will enjoy a delicious assortment of hors d'oeuvres, while mingling throughout the venue, which will include a scenic outdoor terrace. For out-of-town alumni, guest rooms will be available on site at a discounted rate. A disc jockey will also be on hand to play an assortment of music, including the

music of the 1980's. Registration for the 25-year reunion is available via PayPal. Payments may be made by using MasterCard, Visa, American Express, Discover Card and bank debit cards. To register online, please go to www.dccougars1986. com. This website has been created exclusively for the Del Campo 1986 alumni. Registration may also be made via check. To register using this option, please

staff@dccougars1986. contact

com for details.

A Facebook page for the Del Campo reunion has been set up to aid classmates in getting in touch with one another. On this Facebook page, Del Campo High School Class of '86: 25-Year Class Reunion, important information is often posted. Classmates are encouraged to join this Facebook page to receive updates on the reunion and to converse with fellow classmates. The Committee seeks help in locating classmates. For information, please contact staff@ dccougars1986.com.

Del Campo High School Class of **1986: 25-Year Reunion:**

Date: Friday, August 12, 2011 Time: 7:00pm – 1:00am Locale: Radisson Hotel 500 Leisure Lane Sacramento, (916) 922-2020

For additional information about the Del Campo reunion, please contact the Reunion Planning Committee at staff@dccougars1986.com.



Carmichael Times Page 2 July 27, 2011

Don't Wait to Vaccinate



Vaccinations boost a child's immune system and help protect kids from serious infections and diseases. It's especially important for parents to make sure children under age five receive certain childhood vaccinations to help keep them healthy as their bodies grow and immune systems develop.

According to the Centers for Disease Control and Prevention (CDC), vaccine-preventable diseases are now at or near record lows – thanks to vaccinations. Before vaccines, many children suffered from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today, but kids are protected by vaccines, so we do not see these diseases as

As kids enroll in preschool and kindergarten, First 5 Sacramento provides parents and caregivers answers to frequently asked questions about vaccinations. Remember to also consult with a family doctor for your child's specific needs.

If your child is in need of health insurance, contact Cover the Kids (CTK) at 1-866-850-4321 to learn about eligible programs. CTK can assist with enrollment and finding a doctor.

When does my child need to be vaccinated?

Pediatricians advise that children receive their first vaccination at birth. Sacramento County Public Health Department or the family doctor can provide you with an immunization schedule and help you

decide what is best for your child. Call (916) 875-7468 (SHOT) for information about immunization services. Immunization schedules and guidelines are also available on the California Department of Public Health Web site at www. cdph.ca.gov.

State law requires all children entering kindergarten to have a complete health exam and upto-date immunizations. Low and moderate income children may get their exams and shots free through the Child Health and Disability Prevention (CHDP) Program. For more information about school entry health exams, call the Sacramento County CHDP Program at (916) 875-7151.

How much do vaccines cost?

Vaccines are available to all children, regardless of family income. Many health care plans provide children's vaccines for free or for a small fee.

How can I prepare my child for a vaccine shot?

Arrive on time for the doctor's appointment and bring your child's favorite toy, book, or snack to comfort and keep your child occupied in the waiting room. Bring an immunization record book to keep track of your child's immunizations.

First 5 Sacramento encourages parents to learn more about vaccinations and ways to help protect young kids and keep them healthy. Immunization resources for parents are available in multiple languages on the Center for

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Disease Control website at www. cdc.gov/vaccines. For more information, contact First 5 Sacramento at (916) 876-5865 or www.first5sacramento.net.

Why should my child be vaccinated?

Childhood vaccines have kept children in the U.S. healthy for more than 50 years and have proven to be effective in preventing many diseases. The Food and Drug Administration, along with the CDC, American Academy of Pediatrics and American Academy of Family Physicians ensure all vaccines are continually tested and inspected to be sure they are safe for kids.

About First 5 Sacramento

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-perpack tax on tobacco products to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$16 million a year in Prop 10 revenues to programs and services that meet local needs. Each county has a First 5 Children and Families Commission providing unique local services for that county. Surrounding First 5's include: First 5 Yolo: (530) 669-2475; First 5 Placer: (530) 745-1304: and First 5 El Dorado: 530-672-8298.



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Carmichael Times

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Carmichael Times Page 3 July 27, 2011

Dance, Daddy-o



Sires and sweethearts cut a rug at a recent social hosted by the Mission Oaks Park District, Carmichael. Photo by Susan Maxwell Skinner

By Susan Maxwell Skinner

A ten-year tradition at Mission Oaks Community Center recently paraded micro-boppers and provisional squeezes.

Between musical chairs and forays to the cookie table, 60 gyrating girls introduced 60 papas to the joys of Justin Beiber. The Chicken Dance was a further

shake down. "It's a big effort to finish work, shave and dress up for my daughter," puffed a dad while twisting with his six-yearold. "But I wouldn't miss her first date for the world."

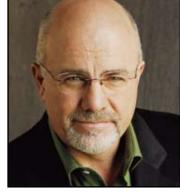
If music favored Beyonce; rituals were Norman Rockwell. Toddlers danced on daddy's shoes. Older sisters scored new frocks and corsages. Dads sported ties

or Tommy Bahama. A 'pass the heart' game brought out the jocks. "They were supposed to pass a stuffed heart around to the music," laughed Mission Oaks staffer Terri McAdam. "Instead, the dads hurled it across the floor like a football,"

Learn about Mission Oaks Park District programs at (916)







Dave Ramsey 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 others.

He Needs Love Right Now Dear Dave.

My husband and I are adopting my nephew. His mom is involved

with drugs and alcohol, and his father isn't in the picture. We've got \$1,000 in the bank, and we're in the process of paying off all our debt, except the house. Should we slow down or stop the Baby Steps temporarily, and spend more on family things since my nephew is a teenager?

- Jocelyn

Dear Jocelyn,

Hugs are free. Making cookies costs next to nothing, and spending quality time with a young man or woman doesn't cost a thing. I call that a teenager-friendly environment.

I know your heart is in the right place, but I don't want you to fall into the American trap of thinking he'll be happy if he has a Wii or you take expensive vacations every year. It sounds to me like he's coming straight out of a big mess. He wants and needs someone to put their arms around him, tell him he's a good guy, and teach him

Dave Says

how to grow into a strong man.

Doing some affordable family things once in a while is okay, if you can make it work with your budget. But I wouldn't spend a bunch of money to try and prove that you love him. You've already proven that by bringing him into your home and making him part of your family. Continue cleaning up your finances. Then, when you've actually got some money to spend, you all can do some really cool stuff together.

You guys are awesome!

College or the House?

Dear Dave,

My wife and I make about \$100,000 a year combined, and we're debt-free. Recently, we got an insurance settlement of \$95,000. We have an \$89,000 mortgage and a 19-month old baby. Should we use the settlement money to pay off the house, and use the rest to start a college fund for our son?

- Michael

Dear Michael,

Absolutely! Then, if you guys save the equivalent of a house payment until your son is ready for college, he could travel the world while he's studying. If I'm in your shoes, I'd pay the house off tomorrow. In fact, I do it today if there's still time to get to the bank.

Being completely debt-free, and with your income, you guys have the money to do just about anything. You can start the kiddo's college fund, save for retirement, and you'll have the money to build wealth, too.

Don't let this great opportunity to change your family tree pass you by, Michael. You two have the chance to live great lives and retire early—and wealthy!

- Dave

Pre-nup ... Yes or No? Dear Dave,

How do you feel about prenuptial agreements?

- Anonymous

Dear Anonymous,

When I first started financial counseling, I told people to never get a pre-nup under any circumstances. Basically, I felt the whole process was like planning your divorce in advance. I still feel that way to a degree, because if money is more important to you than the person you supposedly love, then you don't really love them and you have no business getting married.

I've changed my stance a little bit, though, and now I feel a prenup may be in order under one condition: If there are substantial assets in one person's name. By "substantial," I mean \$2 million or more. I've counseled several wealthy people, some of whom were heading into a second marriage. It's not that wealthy folks are weird or necessarily greedy, but sometimes they attract weird and greedy people.

In these kinds of cases, I'm okay with a pre-nup. But I still think you should love somebody enough to be willing to take a bullet for them if you're thinking about marrying them.

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











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My son and I headed out to "Catch the Feeling" at Raley Field Saturday night as your Sacramento River Cats dealt with the Reno Aces in a doubleheader.

It was a beautiful night at the stadium, as we didn't have to go to the sweatshirts until late in the second game. The two Pacific Coast League division leaders split the seven-inning games, Reno winning, 3-2, in the opener and the Cats taking the nightcap, 5-4.

That good old Triple-A "feeling" is so completely different than the big leagues. The crowd of around 8,600 was casual, not too intent on every pitch the way fans are for the Giants at AT&T Park these days. Though, it wasn't too dissimilar to what you get in Oakland, where A's fans always seem to respond as though they're on a Sunday picnic.

The promotions are so downhome. Sorry, but Dinger the mascot is kind of cute, but not exactly the Phillie Phanatic. He's more on a par with Crazy Crab. Remember him? We did concede that The Wave is perfectly acceptable at Triple-A and keep it there! Something that was major league was the pricey beers and food — to be expected.

"People watching" is always a great part of the fun at any ball park. Where there's baseball, smiles rule the day. Kids just love it, but be careful with the cotton candy and the sugar overload parents, or you could be in for a long night. As different as people are, they seem to leave their differences behind when they go to the yard.

For some it takes a little while to warm to the feeling, like the teenaged couple to our left, who appeared to be out on their first nervous date. They seemed to be very ok with us sitting between them and their parents and/or chaperones to our right, but still were anxiously silent for a few innings. Finally, they started to hit it off as they compared and played with their cell phones together. I was both happy and sad for them. I don't think they saw much of the ball game.

At least the competition wouldn't be too tough if a foul ball came our way. One did early on and it careened off the facing overhead and landed two rows in front of us, just out of reach.

Inspired, I asked my son if he'd ever heard my foul ball story. Surprisingly, he said, "No," though I've told it a hundred times.

I was walking to a Cal basketball game with friends up the path that runs between Haas Pavilion and Evans Diamond. The Bears were playing baseball as well that day. We heard the crack of the bat and the sounds of the crowd. I looked up and a baseball was on its way. It bounced high right in front of me and I snatched it out of the air. The only foul ball I ever got was at a basketball game! I had my two friends autograph it, wrote Cal 83, USC 64 on it, and it still rests proudly on a shelf in my garage with some other insignificant memorabilia.

As the night progressed we gave the teams the old "eye test." What have they got? Is there any big league talent here? Actually, all four Cats infielders had been on the big league roster earlier this season. CF Jai Miller smashed a long home run in the first inning

of game two — the A's could use some of that. CF Collin Cowgill for Reno, the Arizona Diamondbacks affiliate, looks like a player. LP Wade Miley (12 strikeouts) has serious heat.

We admired the River Cats' list of accomplishments on the left field wall — nine division titles, four PCL titles and two Triple-A championships over eleven years. I wondered aloud why that doesn't transfer to the major league level.

I appreciated seeing Brett Butler is still in the game as the Aces' third-year manager. The feisty former CF and leadoff man, who scored over 100 runs each year and stole 125 bases in three seasons (88-90) with San Francisco, is still feisty. Butler turned in a great performance to the delight of the crowd arguing a play at the plate in the sixth inning of game two, mocking the umpire and getting ejected. Way to fire up the crowd on Fireworks Night, Brett.

Then the big explosion came. After Adrian Cardenas' blast to right was caught at the fence. Kevin Kouzmanoff stepped to the plate. I turned to my son and said, "He's swinging for the fence, I guarantee it!" (Honest). The next pitch came in and Kooz sent it well over the left field fence for a walk-

One had to wonder about Kooz' mixed feelings. With 645 games and 82 homers to his name in The Show, he might have felt just a little weird about the Triple-A home plate celebration.

A short time later the real fireworks filled the sky to top off the Raley Field "feel good" night.

They built it, and they came.



Carmichael Recreation and Park District is announcing these upcoming events

Looking for something exciting for your kids to do this summer? We have the camps for you!

> Voyager Campers (ages 5-8) and Explorer Campers (ages 9-12)

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5325 Engle Rd, Suite 100 Carmichael, CA 95608 *Call (916) 483-7826 for more information.*

Carmichael's **Founders Day Celebration**

Saturday, September 24 from 11am-3pm

Located at the Danny Bishop Pavilion for the Performing Arts

Join us for the 102nd Carmichael's Founders Day Celebration! There will be plenty of arts/crafts, informational vendors, entertainment, kids' activities and more! This FREE event is co-sponsored by Mission Oaks Recreation & Park District. Want to be a vendor or event sponsor? Call Elizabeth Crisante at 483-7826 for info.

Schedule

The Newz Makers-Classic Rock/R&B

John Skinner Band-Dance Band

Q-Balls*-Classic Rock-60s to 80's

Metro Swing-Dance Band

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

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-

Because-A Beatles Tribute Band* — Beatles Songs Saturday, July 30 Sunday, July 31 Sunday, August 7 Saturday, August 13

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Capitol Pops Concert Band-50 piece Concert Band Mick Martin & the Blues Rockers*-Rock n' Roll/Blues River City Concert Band-50 piece Concert Band Sunday, August 28

* Denotes Saturday concerts



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Carmichael Times Page 5 July 27, 2011



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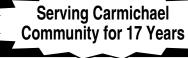


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A Film Review by Tim Riley CAPTAIN AMERICA: THE FIRST AVENGER (Rated PG-13)

Nazis always make great cinema villains. Working off this premise, "Captain America: The First Avenger" delivers the goods for a rousing World War II yarn of bravery and heroism, along with a good dose of patriotism.

As fans of the Marvel Comics know well, the scrawny Steve Rogers, a Brooklyn kid yearning to join the Army to fight for his country, is the unlikely titular superhero.

In true American fashion, the proverbial 90-pound weakling, socially inept and constantly harassed by bullies, shows true grit and heart as he tries to enlist in the Army by using a series of pseudonyms.

Contrary to the wishes of his best friend Bucky (Sebastian Stan), Steve Rogers finally succeeds in getting enlisted, and in doing so catches the attention of German-American scientist Dr. Erskine (Stanley Tucci), who is working on a secret program for biological enhancement.

Portrayed by Chris Evans, first by CGI magic on the body of a puny kid, Steve Rogers is an implausible recruit, but he demonstrates an abundance of heart as well as brains, particularly to British military liaison Peggy Carter (Hayley Atwell).

During his basic training, while still in his pre-enhanced mode, the scrawny Steve outwits his bigger and more muscular fellow boot camp recruits by being the only one able to snatch the battalion flag from high atop the flagpole. Cleverness trumps brute strength every time.

The courageous Steve also captures the attention of the tough-talking Col. Phillips (the perfectly gruff Tommy Lee Jones), who marvels at

Riley **Reviews**

A ROUSING PATRIOTIC THRILL-FILLED "CAPTAIN AMERICA"

his recruit's pluck before reluctantly consenting to the scientific experiment that will transform the skinny kid into a superhero.

Under the watchful eye of scientists, military leaders and even politicians, Steve volunteers to be the guinea pig for the physical enhancement serum administered by Dr. Erskine.

Entering an airtight contraption emitting sparks and fumes from which could emerge either the human fly or the Son of Frankenstein, the blond-haired Steve is magically and ironically transformed into what looks like the muscular poster boy for the Aryan race.

Almost immediately, the augmented Steve Rogers proves his worth as a fighting force by singlehandedly tracking down and eliminating an enemy agent in spectacular fashion on the Brooklyn docks.

Though Steve becomes the All-American hero, taking on the moniker of Captain America, he is relegated to a nationwide tour to raise funds for the war effort.

Paradoxically, Steve's talents are wasted as a costumed song-and-dance man, backed up a chorus of pretty showgirls dressed in patriotic colors, causing him to yearn for battlefield action.

His wish comes true while on his Captain America theatrical assignment to entertain troops on the front lines of the European theater.

Carrying his trusty star spangled shield and dressed in the superhero part, Steve takes off on an unauthorized mission to liberate 400 American soldiers being held behind enemy lines by the secret Nazi program called Hydra.

Assisted by Peggy Carter and inventor Howard Stark (Dominic Cooper), Steve and a platoon of skilled soldiers embark on a quest to hunt the Third Reich's rogue unit under the command of Johann Schmidt (Hugo Weaving), whose villainy is fully realized in the identity of his alter ego, Red Skull.

Schmidt's renegade Hydra unit is so powerful that its troops pledge allegiance to the maniacal world domination ambitions that come to the fore when Schmidt unleashes his Red Skull persona.

Most of the action, fittingly for the story's comic book origins, consists of Steve Rogers in full bloom in his Captain America guise, devastating his enemies with mortal blows, often with the help of his Frisbee-like shield, in a fury of fast-paced action.

"Captain America's" sense of oldfashioned wartime melodrama is oddly contrasted with the futuristic weapons at the disposal of the Hydra soldiers, who look more like storm troopers in "Star Wars" than Hitler's goon squad.

One must bear in mind that "Captain America," after all, achieves its brilliance at the hands of its comic book origins, where the notion of a bionic wartime superhero is pure science-fiction.

In this summer's sweepstakes of high-octane action pictures, "Captain America" deserves to be saluted as an impressive entertainment that easily surpasses other entries in the superhero genre. Go and enjoy.

DVD RELEASE UPDATE

The mind-bending action thriller "Source Code" might play better now that it is being released on Bluray and DVD.

This sci-fi, action thriller found Jake Gyllenhaal's soldier Captain Colter Stevens waking up in the body of an unknown man as part of an experimental government program that enabled him to cross over into another man's identity in the last eight minutes of his life.

Armed with the task of identifying the bomber of a Chicago commuter train, Stevens must relive the incident over and over again, gathering clues until he can solve the mystery and prevent an even deadlier second terrorist attack.

While both editions of "Source Code" are packed with bonus features, only the Blu-ray version gives viewers the option to explore different aspects of the film as the movie plays.

This interactive feature offers scene-specific behind-the-scenes information, including exclusive interviews with the cast and crew, pop-up trivia, animated shorts, commentary from scientific experts on time travel and more.

Is Retirement in Your Future?

With the changes in retirement said Gary Almond, president and retirement savings plans. While tribute to an employee's retirement, consumers now realize they must take more personal responsibility for their retirement finances. In this economy, how do you go about making sure you have the finances for a secure retirement?

According to the U.S. Department of Labor (USDOL), fewer than half of all Americans have calculated how much they need to save for retirement. While it's important to plan, it's also important to set realistic, achievable goals. Set aside time to talk with your employer about retirement plans. Your employer may offer benefits like 401(k) plans which allow for an immediate tax deduction growth on your savings.

"While earlier generations of retirees relied on employer provided pensions, today's workers need to rely on their own savings for retirement,"

why it's extremely important to have an alternate plan and save as much as possible."

BBB and USDOL recommend that consumers consider the following to ensure a more financially comfortable retirement:

A penny earned is a penny saved. Start saving now and stick to your savings goal.

Be realistic about your retirement needs. According to the USDOL, experts estimate you will need about 70 percent of your preretirement income – lower earners, 90 percent or more - to maintain your standard of living when you stop working. The average retiree is in retirement for 20 years. Familiarize yourself with how much you will need after factoring in Social Security and other sources of retirement income.

Take advantage of your employer's

rules and the fact that employers CEO of the Better Business Bureau more companies are becoming less are cutting back on what they conserving Northeast California. "That's generous with retirement benefits. some still allow you to contribute to a 401(k) plan. If offered, participate. If your employer does not offer a plan, consider investing in a traditional IRA or Roth IRA. You can put up to \$5,000 a year into an Individual Retirement Account (IRA); you can contribute even more if you are 50 or older.

Don't stir the pot. Avoid touching your retirement savings. If you withdraw your retirement savings now, you may lose tax benefits or have to pay withdrawal penalties. If you change jobs, leave your savings invested in your current retirement plan, or roll them over to an IRA or your new employer's plan.

For more financial tips you can trust, visit www.necal.bbb.org.

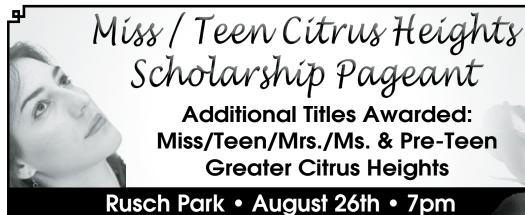
Source: Better Business Bureau

Friends of the Library Host August Warehouse Sale

The Friends of the Sacramento Public Library are sponsoring a big Warehouse Book Sale on two consecutive Saturdays, August 6 and August 13. Public sale hours will be noon to 4 pm on August 6 and 9 am to 4 pm on August 13. A preview for Friends' members only is scheduled for 9 am to noon, August 6. Prospective members may join at the door for \$15 and attend the preview. The sale will be

held in the Friends' warehouse, at the rear of their Book Den store, 8250 Belvedere Avenue, Suite E, between Power Inn Road and Florin-Perkins Road just south of 14th Avenue. More than 70,000 paperback and hard-bound books, videos, books on cassette and more will be sold at prices ranging from \$.50 to \$2.00. All proceeds, after expenses, benefit the Sacramento Public Library.

The Book Den store will be open during Warehouse Sale hours. At the Book Den shoppers select from individually priced better books, including collectibles, and other materials, with most books priced at \$3 and up. The Book Den is regularly open Thursday through Saturday from 9 am to 2 pm. Book donations are welcome. For more information call (916) 731-8493 or email fspl@att.



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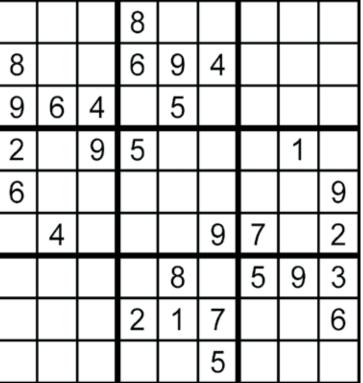
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For Solution See Page 8



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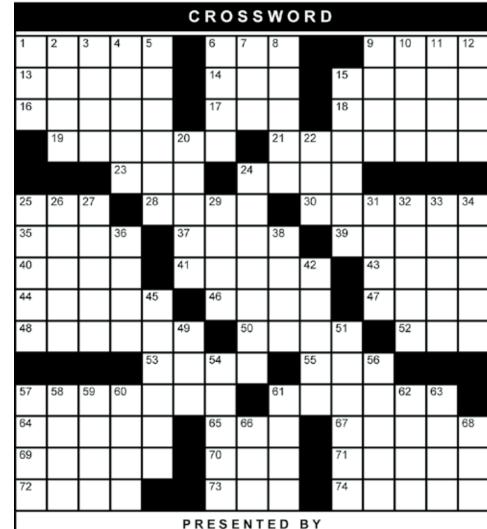
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CLUES

ACROSS

Collect

6. R&R hot spot

9. Summit location 13. Like Babe Ruth the

pitcher, e.g. 14. Broadcasting medium

15. Gauntlet

16. Pirate Black

17. Start of a golf hole 18. Senior

19. Medium's seance state 21. *"Sex and the City'

locale capita

24. Gun shot sound

28. Belonging to you

35. Affirm solemnly

39. Trickeries

of thumb

41. Iron+nickel

25. Flat-muzzled little dog

30. Uncivilized person

37. Show of appreciation

street

43. They're on Freddy's

52. Summer color _ code

48. Holy Hindu 50. Taunt

44. Relating to ilium

46. Sign of a saint

47. *It wasn't built in a day

55. Not safe in baseball

57. *aka Peking 61. Miranda rights occasion

64. *One of the twin

founders of 47 across First name of former

child-actor turned director 67. Small body of land

69. Very angry

70. The Doors' hit "The

71. "London Calling" band,

72. They're meant to get you in shape

73. Like Buzz in "Toy Story

74. Hole for an anchor rope

DOWN

1. Priestly vestment Me in St. Louis'

3. At a great distance

4. Bra holder?

5. *Famous for its Opera

House 6. Fill to satisfaction

7. Type of chart

8. Madison Square Garden,

9. USSR to USA during WWII

10. Type of list Completed

12. Company car, e.g. 15. Cheap showy jewelry

20. Crocus, pl. 22. Half the width of an em,

24. Virtuosity

25. *Split by the Seine

26. Palate lobe 27. Extremely cold

29. Bone in human forearm

31. Contender 32. Administer

For Solution See Page 5

33. Fashion designer Kahng

34. *Ruhr's industrial center

42. Sweeney Todd's tool

51. *A financial hub of Europe

57. Where pirates were often

59. Prayer leader in mosque

___ of the d'Urbervilles"

Motors, maker of

36. Interpret writing

38. "For" in Spanish

45. Daybed

56.

thrown

58. Spooky

60. Sticks out

61. Artist Warhol, e.g.

66. Lennon's wife

68. Definite article

62. Shredded cabbage

49. Coffee pot

54. White heron

stylish electric cars

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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 nameof 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. 7-27-11 VILLAM 10701

BUSINESS NAME FICTITIOUS STATEMENT #1105376. Kathleen G. Newton, 761 Cortlandt Dr., Sacramento, CA 95864 IS doing business under the Fictitious Business Name "Northwest Media Consultants" at 761 Cortlandt Dr. Sacramento, CA 95864. Filed with the Clerk of Sacramento County on June 16, 2011. Publish July 13, 20, 27, August 3,

NORTHW FICTITIOUS BUSINESS NAME STATEMENT #1105475. Skyjack Equipment Services Inc. (Delaware), 1600 Town Commons Dr. #103, Howell, MI 48855 is doing business under the Fictitious Business Name "Skyjack Financial Services" at 7700 College Town Dr. #20. Sacramento, CA 95826. Filed with the Clerk of Sacramento June 20, 2011. Publish July 13, 20, 27, August 3, SKYJAC

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00105863

WHEREAS, Marcia Brady-Johnson has filed a petition with this court for a decree changing name of Marcia Brady-Johnson to Marcia Beilby Brady.

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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 24, 2011. Kevin R. Culhane

Judge of the Superior Court Publish July 13, 20, 27, August 3,

10702

NOTICE OF APPLICATION TO SELL ALCOHOLIC **BEVERAGES**

To Whom It May Concern: Gurcharan Singh Atwal and Surinder Singh Sajjan are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 4141 Manzanita Ave., Čarmichael, CA 95608 with 41 - On-Sale Beer and Wine-Eating Place license. Filed: June 21, 2011. Publish July 20, 27, August 3,

MOUNTA 10703 8-3-11 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00106838

WHEREAS, Susan Esther Smith has filed a petition with this court for a decree changing name of Susan Esther Smith to Susan Esther Schroeder.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Sept. 23, 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: July 13, 2011.

Kevin R. Culhane Judge of the Superior Court Publish July 20, 27, August 3, 10,

SCHROE

NOTICE OF PETITION TO **ADMINISTER ESTATE OF** MARILYN KAY ENGLISH

ESTATE NO. 34-2011-00106728 To all heirs, beneficiaries creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Marilyn Kay English, aka Marilyn K. English, and Marilyn English:

A petition has been filed by Katherine C. Smith in the Superior Court of California, County of requesting Sacramento. Katherine C. Smith be appointed as personal representative to administer the estate the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. 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, Sacramento, CA 95826 on August 17, 2011 at 9 a.m. 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

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 California Probate Code The name and address of

petitioner or petitioner's attorney

is: Gordon G. Bones, Bones Law Firm, 4 Dr. #307, 4811 Chippendale Sacramento, 916-965-6647. Publish July 20, 27, August 3, 2011. **BONES**

10703 NOTICE OF PETITION TO **ADMINISTER ESTATE OF**

EDGAR EVERETT SAVAGE, JR ESTATE NO. 34-2011-00106726 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Edgar Everett Savage, Jr.:

A petition has been filed by James F. Savage in the Superior Court of California, County of Sacramento, requesting James F. Savage be appointed 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, Sacramento, CA 95826 on August 17, 2011 at 9 a.m. 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 California Probate Code.

The name and address of petitioner or petitioner's attorney G. Bones, Bones Gordon 4811 Chippendale #307, 95841: 916-965-6647 Publish July 20, 27, August 3, **BONES** 10703 8-3-11

> NOTICE OF PETITION TO **ADMINISTER** ESTATE OF WESLEY W. NELL

ESTATE NO. 34-2011-00103325 To all heirs, beneficiaries creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Wesley W. Nell: A petition has been filed by

Robert A. DeGuzman (Amended Petition for Probate) in the Superior Court of California, County of Sacramento, requesting Robert A. DeGuzman be appointed administer the estate the decedent. The petition requests the

decedent's will and codicils, if any, be

admitted to probate. The will and any codicils are available for examination in the file kept by the court 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

should not grant the authority The petition is set for hearing in Dept. No. 129, at 3341 Powe Inn Road, Sacramento, CA 95826 on August 19 2011 at 9 a.m.

unless an interested person files

an objection to the petition and

shows good cause why the court

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 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

The name and address of petitioner or petitioner's attorney is: Gordon G. Bones, Bones 4811 #307, Sacramento 95841; 916-965-6647 Publish July 20, 27, August 3, **BONES** 10703

NOTICE OF DEFAULT AND **ELECTION TO SELL UNDER** DEED OF TRUST

NOTICE IS HERBY GIVEN: HERITAGE INSTITUTE FOR FAMILY ADVOCACY is either the original trustee, the duly appointed substituted trustee, or acting as agent for the trustee or beneficiary, Under a Deed of Trust dated December 24, 2008, executed by: DESMONT D. REYNOSO, AN UNMARRIED MAN. As Trustor. WHOSE ADDRESS IS 2789 Land Park Drive, Sacramento, CA 95818, to secure certain obligations in favo of RON DOSTER, Beneficiary

0005807543 on March 26, 2009 in book 20090326, page 1160 official records in the office of the County of SACRAMENTO Recorder County, California, describing land therein as: Lot 612, as shown on the "Plat of Swanston Park, Unit No. 2", filed in the Office of the County Recorder of Sacramento County, California in Book 19 of Maps Map No. 24. APN: 012-0073-012.

as

document

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sum of \$38,500,00, that a breach of, and default in, the obligations for which such Deed of Trust is security has occurred in that payment has

not been made of any amount. Failure to pay the principal charges; together with all subsequent sums advanced by beneficiary in the enforcement hereof, pursuant to the terms and conditions of said deed of trust by July 1, 2011.

That by reason thereof the beneficiary under such Deed of Trust has deposited with said trustee such Deed of Trust and all documents evidencing obligations secured thereby and has declared and does hereby declare all sums secured thereby immediately due and payable and has elected and does hereby elect to cause the trust property to be sold to satisfy the obligations secured thereby

CONDITION OF SALE: The successful bidder will be required to pay county documentary transfer tax, any city tax and any other applicable taxes or fees (including, but not limited to, the fee for recording Preliminary Change of Ownership report) to the auctioneer at the time of the sale.

If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Dated: June 30, 2011. By: Sara Wheeler-Valine

Heritage Institute For Family Advocacy Publish July 20, 27, August 3, 10,

DOSTER 10703 8-10-11 Said obligations including a

promissory note for the principal FICTITIOUS BUSINESS NAME STATEMENT #1106171. Amanda

L. Steedley, 5949 Camray Circle, Carmichael, CA 95608 is doing business under the Fictitious Business Names "Flaming Fish Studios: Chopper's MC" at 5949 Circle, Carmichael, CA 95608. Filed with the Clerk of SacramentoCountvonJulv15.2011. Publish July 27, August 3, 10, 17 FLAMIN 10704

FICTITIOUS BUSINESS NAME STATEMENT #1104602. Stewart, 6735 Skylane Dr., Citrus Heights, CA 95621 is doing under the Fictitious Business Name "Stewart Design Company" at 6735 Skylane Dr. Citrus Heights, CA 95621.Filed with the Clerk of Sacramento County on May 19, Publish July 27, August 3, 10, 17, STEWAR 10704

8-17-11 FICTITIOUS BUSINESS NAME **STATEMENT** Language World Services, Inc., 7220 Fair Oaks Blvd., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Staff World Services, Inc. " at 7220 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 7, 2011. Publish July 27, August 3, 10, 17 STAFFW 10704

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Sudoku Puzzle on Page 6



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A Free Speech Challenge for Parents

Commentary By Dr. Joseph J. Horton

Should a 13-year-old be able to purchase a school-shooting simulator without parents' knowledge or consent?

The Supreme Court says that freedom of speech requires that 13-year-olds have that opportunity. In a 7-2 decision, the court struck down a California law barring the sale of graphically violent video games to people under 18.

I have not seen legal minds commenting on what seem (to me) to be obvious consequences of this decision. If the First Amendment requires that minors be able to purchase graphically violent video games, does this mean minors may attend R-rated movies without an adult or purchase pornography? We have longstanding traditions and laws which regulate the speech to which minors may be exposed without the consent of their parents.

The research on the effects of violent video games shows that parents and society have reason to be concerned. Today, we are not talking about the games from my youth like Space Invaders or games that involved a cartoon-like image of a person falling over. We are talking about games with graphic, movie-quality images of death and dismemberment. Unlike a movie, however, which is viewed passively, game players are actively causing the scenes which unfold before them

Yes, video games are pretend. Of course, they are. Even young teenagers who play the games know they are pretend. Yet, even passively viewing pretend images affects the way people

think. Television commercials are pretend. We all know they are pretend. The reason some of the most successful businesses in the world advertise—even paying over \$2,000,000 for a 30-second Super Bowl spot—is not to generously provide free television for us; it is because they have data showing that advertising changes consumers' attitudes and behavior. Active participation, like playing a video game, changes attitudes and behavior more efficiently than passively watching TV.

Will most kids who play games that simulate school shootings live out the roles they are playing? Will most kids who play Grand Theft Auto steal cars? No. Very few kids who play violent video games will perform those acts in real life. The changes most kids will experience as a result of playing violent video games are more subtle than mass murder, but are still quite measurable.

For example, greater exposure to violent media desensitizes people to the effects of violence and aggression. What would have been abhorrent, or should be, becomes not so bad or perhaps even funny. Violent video games cause users to think more violent thoughts. Typical behavioral effects from these changes in thinking might range from not being appropriately moved by images of real human suffering to being more argumentative and disrespectful.

Space does not allow for a full consideration of the effects of using violent video games. I spend an entire class period in my course on child development discussing violent media. Among the well-established

effects is that users of violent media are more likely to believe that crime victims deserved their fate. In addition, users of violent media have a distorted view of the world, believing life to be significantly less safe than it is

significantly less safe than it is.

It is true that people who are prone to aggressiveness are more likely to use violent media. It is also true that people who use violent media become more aggressive. None of us want to believe that we will acquire a taste for the distasteful, but if we consume enough of what began as distasteful, it becomes satisfying.

Make no mistake about it; video games can be a great use of free time. Research shows that kids who play video games develop better spatial skills and hand-eye coordination. They are also just plain fun. Yet the benefits of video games do not require gruesome images.

We endure a lot of ugliness to protect our right to free speech. Like Justices Clarence Thomas and Steven Breyer, I do not believe that restricting the sale of violent video games to people 18 and older would have strained the First Amendment. With or without laws that require adult involvement for kids to have questionable material, parents must be parents. Laws are no substitute for parental monitoring. While I find the Court's decision disappointing, it highlights the need for parents to be proactive and willing to make tough decisions.

Dr. Joseph J. Horton is professor of psychology at Grove City College and a researcher with The Center for Vision & Values. See www.VisionAndValues.org www.VisionAndValuesEvents.com.

Skinner Band Swings through Summer/Fall



Sweet sounds. The John Skinner band is set for a Summer/fall season of free public concerts. Photo by Susan Maxwell Skinner

Staff Report

Carmichael – Summer would not be complete without the traditions of picnics and community concerts. Carmichael's popular John Skinner band has events lined up for parks in the Carmichael, Foothills and Fair Oaks area.

In addition, trumpeter John Skinner and his vocalist wife Susan volunteer with the Capitol Pops Band and will be on stage with this large ensemble during free community programs.

Skinner Band dates are:

Sunday, August 7. Carmichael Park (5750 Grant), 6:30 pm.

Thursday, August 11. Fair Oaks Village Park (7997 California), 7 pm. Saturday, September 17. Pioneer Park (5100 Verner), 4 pm.

Saturday, October 1. Foothill Community Park (5100 Diablo), 2 pm.

Capitol Pops Concert Band dates are: Sunday, August 21. Carmichael

Park (5750 Grant), 6:30 pm. Thursday, August 25. Fair Oaks Village Park (7997 California), 7 pm. Sunday, September 11. Rusch Park (7801 Auburn Blvd) 2 pm. Saturday, October 15. Citrus

Heights Community Center (6300 Fountain Square), 7:30 pm.
Saturday December 3. Holiday

Concert at Rusch Park Gym (7801 Auburn Blvd), 7:30 pm.

For information on Skinner Band events, call (916) 481-0334. For Capitol Pops Information, call (916) 967-1461.



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November 22-December 3, 2011 Ars Gratia Artis
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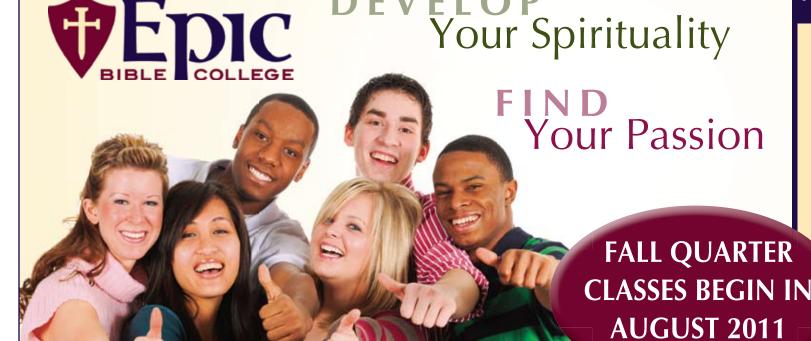


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Carmichael **Chamber of Commerce**

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

Pandamania Children's Event

Date: Thursday, July 28, 2011, 6:00 pm-9:00 pm **Location:** Cypress Avenue Baptist Church

Music, crafts, games, helping the less fortunate, and learning about the Bible...these are the activities of Pandamania. The event is free for children Pre-School - 6th grade and your child is invited. All you need to do to register your child is visit www.cypressavenue.org. (or you can register at the door).

Contact: Kate Radford • Email: child@cypressavenue.org Phone: 916-972-8200

More Info: www.cypressavenue.org

Cypress Avenue Baptist Church • 5709 Cypress Avenue

Carmichael CA 95608

Carmichael Chamber Mixer

Wed, Aug 10, 2011 from 5:30pm - 7:30pm

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Contact: Linda Melody

Email: linda@carmichalechamber.com Phone: 916-481-1002

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

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Carmichael Times Page 11 July 27, 2011

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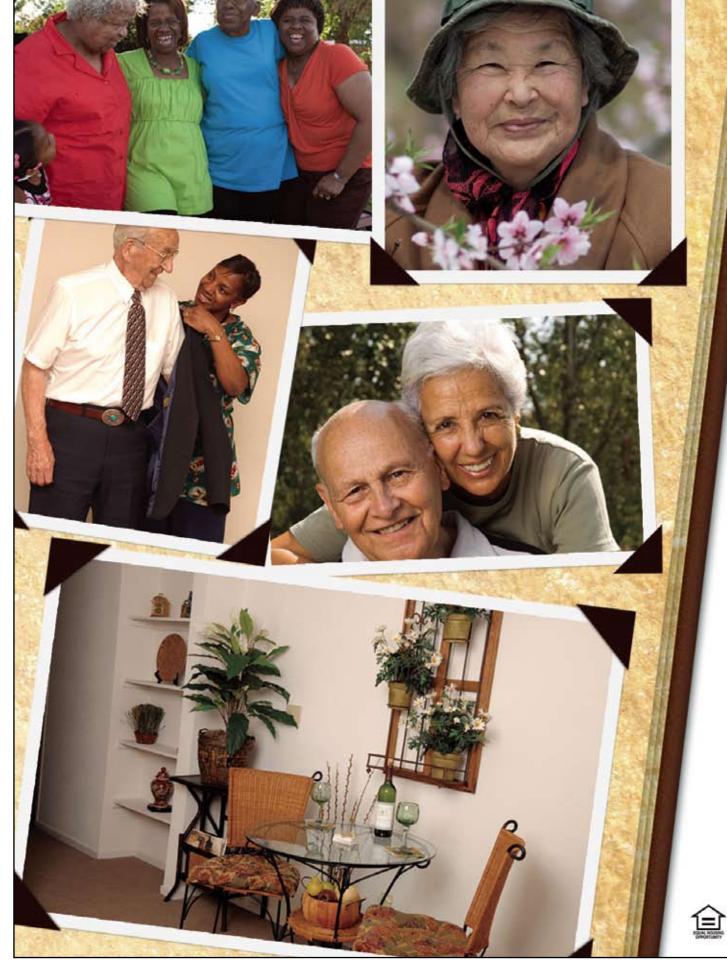
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Carmithael Times Page 12 July 27, 2011



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