

Carmichael Times



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Volume 31 Issue 30

Serving Carmichael and Sacramento County since 1981

July 27, 2011

A Busy and Wonderful Life

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 green-grocer 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 German-born 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. Because produce comes directly from local market gardens, supplies dwindle



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 years. My friend Astrid has worked here since the stand began. Our gardener, Cirilo, has been with us for 14 years. We're all so happy to see our

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

Far from hibernating, the Martells have a winter gig. By December 24, their stand sells nearly 1000 Christmas trees. Dedicating January to bookkeeping, they take February

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 Winding way, Carmichael.

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.cdph.ca.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, visit www.TobaccoFreeCA.com.

Fido Fashionistas to Aid Park Appeal



Canine Corral supporters and poodles 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-year-old Canine Corral in Carmichael Park.

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 afford."

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.

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 classmates.

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

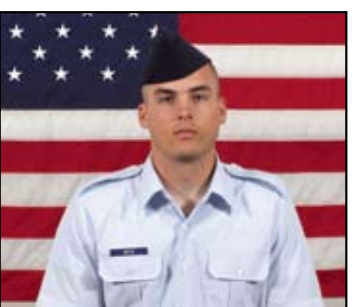
contact staff@dccougars1986.com for details.

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
Location: 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.



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 El Camino High School, Sacramento, Calif.



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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 often.

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 up-to-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

Disease Control website at www.cdc.gov/vaccines. For more information, contact First 5 Sacramento at (916) 876-5865 or www.first5-sacramento.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 will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack 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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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.

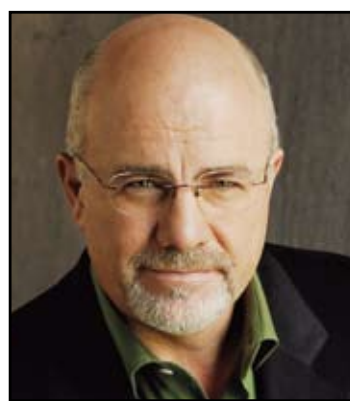
Between musical chairs and forays to the cookie table, 60 gyrating girls introduced 60 papas to the joys of Justin Bieber. The Chicken Dance was a further

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-year-old. "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) 972-0336.



Dave Says

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

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

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!

- Dave

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 kid'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 pre-nuptial 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 pre-nup 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.

- Dave

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

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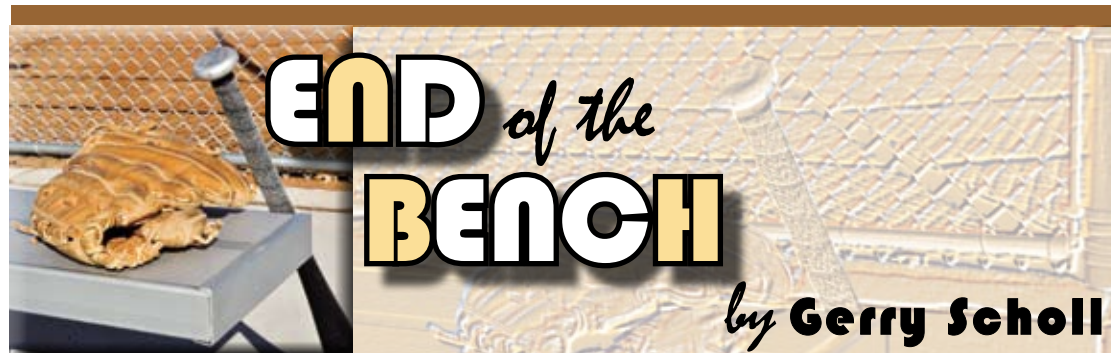


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by Gerry Scholl

I've Got a Feeling

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 down-home. 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-off win.

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)

FEES: FULL DAYS: \$130 for the first child per week (\$120 for each additional child)
HALF DAYS: \$85 for M-F from 7am-12pm OR 1pm-6pm
Fieldtrips and Swimming Costs are all included
10 Weekly Sessions
JUNE 13th - AUGUST 19TH Monday - Friday, 7am - 6pm
Located at La Sierra Community Center
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.

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

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—60's to 80's
Sunday, August 14	Metro Swing—Dance Band
Sunday, August 21	Capitol Pops Concert Band—50 piece Concert Band
Saturday, August 27	Mick Martin & the Blues Rockers*—Rock n' Roll/Blues
Sunday, August 28	River City Concert Band—50 piece Concert Band

* Denotes Saturday concerts

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For more information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.



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R Thrift Shop offers seniors a fifteen percent discount every day, and a portion of the store's proceeds is dedicated to the Carmichael Park and Recreation District. Once a month we sponsor a child in a sport of their choice by paying for enrollment fees and uniform costs. Donations to the store can be made daily and pick-up service is available by request.



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Crossword Puzzle on Page 6

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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 single-handedly 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 show-girls 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 old-fashioned 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 Blu-ray 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 rules and the fact that employers are cutting back on what they contribute 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,"

said Gary Almond, president and CEO of the Better Business Bureau serving Northeast California. "That's 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

retirement savings plans. While more companies are becoming less 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.net.

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CLUES

ACROSS


- Collect
- R&R hot spot
- Summit location
- Like Babe Ruth the pitcher, e.g.
- Broadcasting medium
- Gauntlet
- Pirate Black _____
- Start of a golf hole
- Senior
- Medium's seance state
- "Sex and the City" locale
- ____ capita
- Gun shot sound
- Flat-muzzled little dog
- Belonging to you
- Uncivilized person
- Affirm solemnly
- Show of appreciation
- Trickeries
- ____ of thumb"
- Iron+nickel
- They're on Freddy's street
- Relating to ilium
- Sign of a saint
- "It wasn't built in a day
- Holy Hindu
- Taunt
- Summer color
- ____ code
- Not safe in baseball
- *aka Peking
- Miranda rights occasion
- *One of the twin founders of 47 across
- First name of former child-actor turned director
- Small body of land
- Very angry
- The Doors' hit "The ____"
- "London Calling" band, The _____
- They're meant to get you in shape
- Like Buzz in "Toy Story 3"
- Hole for an anchor rope

DOWN

- Priestly vestment
- "____ Me in St. Louis"
- At a great distance
- Bra holder?
- *Famous for its Opera House
- Fill to satisfaction
- Type of chart
- Madison Square Garden, e.g.
- USSR to USA during WWII
- Type of list
- Completed
- Company car, e.g.
- Cheap showy jewelry
- Crocus, pl.
- Half the width of an em, pl.
- Virtuosity
- *Split by the Seine
- Palate lobe
- Extremely cold
- Bone in human forearm
- Contender
- Administer
- Fashion designer Kahng
- *Ruhr's industrial center
- Interpret writing
- "For" in Spanish
- Sweeney Todd's tool
- Daybed
- Coffee pot
- *A financial hub of Europe
- White heron
- ____ Motors, maker of stylish electric cars
- Where pirates were often thrown
- Spooky
- Prayer leader in mosque
- Sticks out
- Artist Warhol, e.g.
- Shredded cabbage
- ____ of the d'Urbervilles"
- Lennon's wife
- Definite article

For Solution See Page 5

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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.

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 areas.

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.

- 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.

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.

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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
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Wed, Aug 10, 2011 from 5:30pm - 7:30pm
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Oct 10-16, 2012 • \$2,329 pp double
Book a Trip Early and save \$100!

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

Luxury Motorcoach

- Charm of Venice/Lake Merritt
Thursday, August 11, 2011 • \$145/person
- Wings over Wine Country Air Show
Saturday • August 20, 2011 • \$179/person
- 2012 Rose Parade
December 30 - January 3 • \$1450/pp double
Show, parade, tours, museums, and more!

For more information call (916) 972-0336 or go to www.morpd.com.



**Ballroom Dance
to Live Bands**

Tuesdays & Fridays • 1:15 - 3:45 pm • \$5/person



Summer Preschool

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

Monday, Wednesday,
& Friday 9am-noon.

2011

**Session:
August 8-26**

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

**MISSION OAKS RECREATION
& PARK DISTRICT**

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

www.morpd.com

DISTRICT OFFICE

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

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



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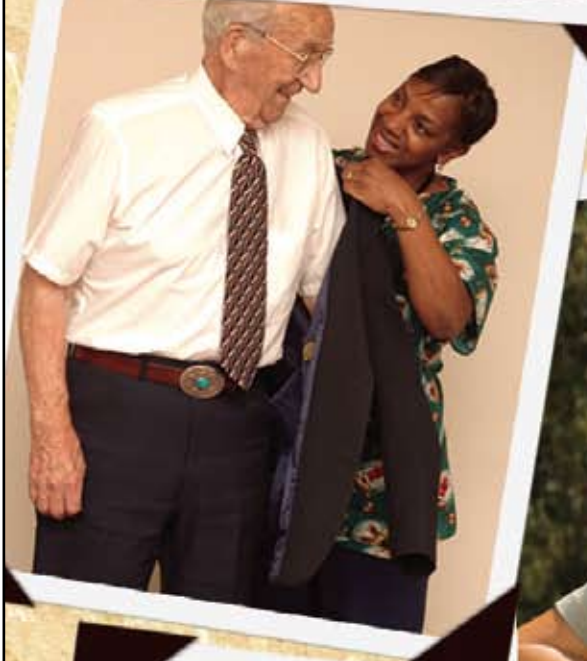
Dental Resources at your Finger Tips!



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

Visit First 5 Sacramento's dental website at:
www.First5SacDental.org

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



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- Independent Living
- Licensed Assisted Living
- Memory Care Apartments — *The Garden*
- Memory Day Care — *The Club*
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- SHRA
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How the planned combination of AT&T and T-Mobile will benefit California:

Over 98% of California residents, including many in small towns and rural areas, will be covered by the LTE network.

More than one million additional people living in California will gain access to LTE.

An additional 30,000 square miles of the state will be covered by the LTE network.

Together, we will bring the latest mobile broadband technology to more of

California

Mobile broadband is taking another major step forward. The network technology is called LTE and it's a super-fast way to connect to the Internet.

The planned combination of AT&T and T-Mobile will allow us to expand our LTE mobile broadband network to reach more of California.

Our customers will get a stronger network. The state will get a new choice for broadband. And more of California will get access to a cutting-edge wireless network and all the opportunities it brings.



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