Carmichael Times



Folkloric Traditions of Eastern Europe Celebrated at Carmichael Park

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Help save the La Sierra Skate Park, a "second home" to local youths

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Serving Carmichael and Sacramento County since 1981

June 1, 2011

California's Second Oldest Oak Tree Falls in Sacramento Neighborhood



Mother Nature and prolonged rain storms take their toll on the second oldest Oak in California, causing massive damage to two homes. Photo courtesy Mandy Morello.

From Mandy Morello

Sacramento – The unusually wet May caused damage in one Sacramento neighborhood Tuesday afternoon. The damage was not because of flooding, but by causing the second oldest Oak tree in California to fall, damaging two homes, cars and the street itself.

Neighbors and a curious community came out to see the damage caused by this mighty oak. The massive tree, whose one

branch spanned the length of two large homes in the American River Parkway neighborhood, fell onto the homeowner and a neighbor's homes causing severe damage to the structures. Another branch, which grew out over the street, fell with such force that it caused an approximately five foot hole in the pavement.

As the county crews quickly cleared the debris from the roadway, onlookers shared their stories and concerns about such massive

trees in their neighborhoods. One onlooker even shared the concerns he had with a similar tree on his property. "They are beautiful trees, but I fear of the possible damage they can cause to property or even a person... my neighborhood has several of these trees, but since these trees are listed as "protected," it is too hard to maintain. This causes my homeowners insurance to be sky high and I can't utilize my driveway in case something were

to fall." Another bystander even commented, "I hope they have excellent insurance that does not use an "Act of God" clause."

In the words of John Muir, "God has cared for these trees, saved them from drought, disease, avalanches, and a thousand tempests and floods. But he cannot save them from fools." Could the extensive protection for some trees, be more to blame than Mother Nature?

Public and Private Partnership Celebrated at River Safety Event

Sacramento – With the summer season around the corner, County Regional Parks and the Sacramento Metro Fire Department hosted a river safety event on May 26 to remind people to take a few precautions to stay safe around area rivers, and that the law mandates that all children under the age of 13 must wear a life jacket in or around waterways.

At this event, the GenCorp Foundation also presented the American River Parkway Foundation with a grant of \$10,800 to purchase 2,000 life jackets and facilitate the "Kids Don't Float" free life jacket loaner program for children at several spots along the American River Parkway. This partnership between the Foundation and GenCorp will help ensure that any children who visit the river

can have a chance to borrow a life jacket for a day to stay safe.

After the presentation, the Sacramento Metro Fire Department held a live water rescue demonstration at the Sunrise Recreation Area on the American River Parkway, running through several common rescue scenarios.

The American River is running cold and fast at this time of year, and it is important that people wear their life jackets when swimming and boating. Throughout the 4th of July and Labor Day weekends, alcohol consumption and possession of open containers will be prohibited on the shore and river within the Parkway between Watt and Hazel Avenues Parking fees will be increased on the holiday weekends at County Parks from \$5 to \$8 per vehicle, \$10 to \$13 for vehicles towing watercraft.

Carmichael Dentist Honored with Volunteerism Award

Carmichael - Dr. Gabrielle Rasi, a Carmichael Dentist that Carmichael's children children would probably recognize, was presented with the "Harry Wong, DDS Community Service Award for performing more than 5000 dental screenings to the children in Carmichael, Citrus Heights and Fair Oaks over the last year.

She also volunteers at other facilities in addition to opening up her office for the annual Smiles 4 Kids free dental day each year. The award was presented by the Sacramento District Dental Foundation.



Dr. Gabrielle Rasi

Sacramento is the 5th Smoggiest City in Nation



Sacramento Region – The city of Sacramento is ranked fifth smoggiest city in the nation, according to the American Lung Association's annual report on air quality, State of the Air 2011. The report shows people in Sacramento continue to breathe dangerous levels of air pollution, despite positive nationwide trends toward cleaner air.

Reflecting the continued problems, this year's report showed that Sacramento's air quality stayed at the same level as 2010's State of the Air report, unlike the majority of American cities most-polluted by ozone (smog) or year-round particle pollution (soot). Sacramento's best opportunity for progress depends on locally raising awareness of the problem and the continued cleanup of deadly pollution.

The State of the Air 2011 report grades cities and counties based, in part, on the color-coded Air Quality

Index developed by the U.S. Environmental Protection Agency (EPA) to help alert the public to daily unhealthy air conditions. The 12th annual release of the Lung Association's report uses the most recent EPA data collected from 2007 through 2009 from official monitors for ozone and particle pollution, the two most widespread types of air pollution. Counties are graded for ozone, year-round particle pollution and short-term particle pollution levels. The report also uses EPA's calculations for year-round particle levels.

The pollution problem showed up most in El Dorado, Nevada, Placer, Sacramento, Sutter and Yolo counties that all received in "F" for ozone pollution. Ozone is the most widespread air pollutant, created by the reaction of sunlight on emissions from vehicles and other sources. When ozone is inhaled, it irritates

the lungs. It can cause immediate health problems and continue days later. Ozone can cause wheezing, coughing, asthma attacks and even premature death.

premature death.

Despite getting a passing grade for year-round particle pollution, the city of Sacramento was ranked ninth as most polluted by short-term particle pollution which is considered unhealthy by the American Lung Association and other public health groups and medical societies. Particle levels can spike dangerously for hours to weeks on end (short-term) or remain at unhealthy levels on average every day (year-round).

For more information on the 2011 State of the Air report, go to

stateoftheair.org.

Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung

health and preventing lung disease. With your generous support, the American Lung Association is "Fighting for Air" through research, education and advocacy. For more information about the American Lung Association or to support the work it does, call 1-800-LUNG-USA (1-800-586-4872) or visit www.lungusa.org/california.



Carmichael Times Page 2 June 1, 2011

Carmichael Senior Wins \$60,000 Scholarship

Carmichael – While other high school students were spending their spring breaks relaxing, senior class president Tori Fode was in Honduras as part of a year-long campaign to make her class a positive role model to the underclassmen of Sacramento Adventist Academy. It was with this Christ-centered mentality that Fode was able to accomplish exceptional things during her high school career, earning her Pacific Union College's Maxwell Scholarship—a program whichrewardsfiveincomingfreshmen for high academic achievement, a commitment to Christian service, and outstanding leadership experience. Maxwell Scholars receive \$15,000 in annually renewable funding, totaling \$60,000 over the course of four years

"When I found out about the scholarship, I was just so excited," Fode says, who plans to study nursing in college. "We put our faith in God and, for whatever reason, God thought I needed it, and my family did, and it was huge!"

Fode's impressive roundedness has allowed her to get involved and excel in athletics, music performance, and student government, all while maintaining a 4.0 grade point average. Fode says that the relationships she created these extracurricular activities led her to become involved



Photo:Teri Fode Photography

at her school. "You just get every aspect of school and the whole high school experience," she says. "I really enjoyed it, being around all the people and experiencing a bunch of different things."

Fode's dedication to service led her to participate in everything from volunteer work to hosting Bible studies to giving sermons at her local church. While her home state of California only requires 40 hours of community service to graduate from high school, Fode spent a total of 225 official hours working at a hospital, raising money for a home for victims of domestic abuse, and participating in food drives. In addition to the service to her local community, Fode's outreach extended all the way to Honduras during spring break, where she led her senior class in renovating a church and running a vacation Bible school program for the children of Roatan.

As she prepares to enter the next stage in her life, Fode is ready to bring her enthusiasm to PUC. From the beauty of the area to the reputation of the nursing program to the ministry-centered environment, Fode says that PUC is clearly the right fit for her.

"It's such a huge blessing from God, and I really appreciate this gift from PUC," she says. "I can't thank you enough!"

Pacific Union College, located in California's Napa Valley, is a fully accredited four-year college with a strong liberal arts tradition. Founded in 1882 by the Seventhday Adventist Church, PUC offers a Christian approach to comprehensive undergraduate education with over 90 degrees and emphases. PUC has a well-established reputation for academic excellence and is consistently ranked among the top tier of western regional colleges by U.S. News and World Report.

Slavic Festival Slays Carmichael Park

Photos and story by Susan Maxwell Skinner.

Carmichael - Folkloric traditions of Eastern Europe recently reigned in Carmichael Park. The Sacramento Slavic community presented a spring festival/safety and job fair. A nine-year tradition, the event serves happy memories of the old country to expatriates and offspring. Over 1000 people attended. Sponsors include the Slavic Assistance League and local business groups.



Favored dish of picnickers was plov, a Russian variation on rice pilaf. Spring of Life Ministries Pastor Andrey Danchuk (right) voluntered as chef. Hungry customer was Mykola Shpak.



Beribboned vinok headresses crowned traditional Ukrainian outfits. The eve-catching floral bonnets once indicated a maiden's readiness for marriage.

Sacramento Metropolitan Fire District: FIRE CAMP 2011

Sacramento – It is time to sign up for Metro Fire's 2010 Fire Camp. Fire Camp is a day camp sponsored by the Sacramento Metropolitan Fire District that takes place from

July 19-22, 2011. Each day of camp 11, 12, and 13 year olds' are given a chance to see and learn the varied disciplines of today's fire service. It is a once in a lifetime experience, which

self-confidence, instills teamwork and a basic understanding of the firefighter profession in a fun and exciting atmosphere.

The kids are grouped in "strike teams" of eight campers, and each strike team is mentored and supervised by two professional firefighters. Teams learn about the job of a firefighter and experience first hand important life safety skills

attend Fire Camp, applicants must be 11, 12 or 13 years of age. Preference is given to applicants

> Metro Fire District boundaries. Applications and more information can

who

live within the

be found on our web site: www.sacmetrofire.ca.gov, go to -Community Services, Programs, Fire Camp. Applications are processed in the order in which they are received, so the earlier you apply, the better the chance of securing a position in this year's Fire Camp.





FAB 40', 5K RUN/WALK

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

Calendar of Events:

9 AM - Welcome, and a light breakfast.

9:30 AM - Panel discussion featuring Hospice Care, a Neurologist, family members who have cared for a person with Alzheimer's disease and family members who are dealing currently with Alzheimer's disease, and an Elder Law Attorney.

10:30 AM - Unveiling of the "Wall of Honor." A place where people can create an inscription in honor of or in memory of a family member who has suffered from Alzheimer's disease.

10:45 AM-Untimed one-mile walk within East Lawn.

11:30 AM - Free luncheon.

There will be a variety of children's activities and a photo booth for your family's memories. We will be having a kid's race as well!

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

Visit our website at: www.fab40s5k.org for details





Publisher, Paul V. Scholl

Carmichael Times

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

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors. The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted. Ownership of all advertising created and/or composed by the *Times* is with the publishing company and written permission to reproduce the same must be obtained from the publisher. Subscriptions should be mailed to Carmichael

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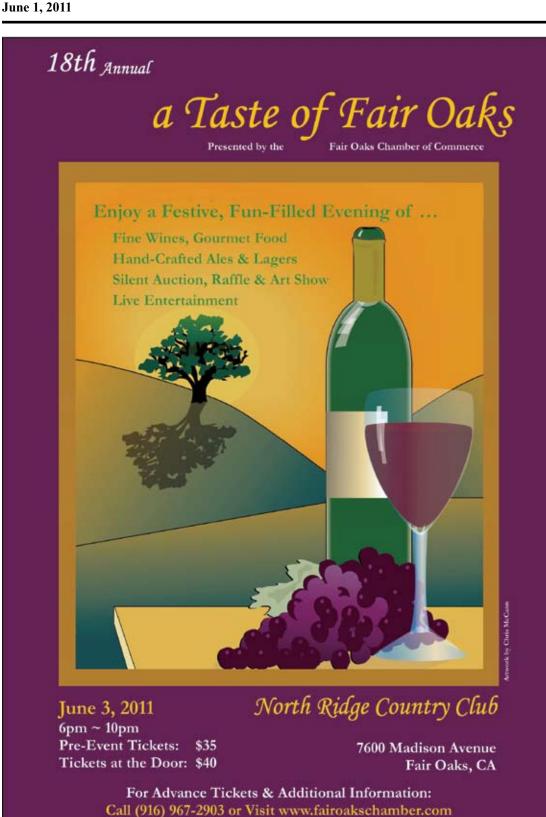
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Dr Bob Gravkowski



At Chiropractic USA we are well acquainted with the condition, also known as fibrositis and the "aching-all-over" disease. Fibromyalgia (FA) is a common cause of chronic musculoskeletal pain and fatigue, affecting roughly four percent of the population. Its symptoms overlap with chronic fatigue syndrome (CFS), with 70 percent of those diagnosed with fibromyalgia meeting the criteria for CFS.

The good news? FM does not have to be a permanently crippling disease. Through chiropractic care, diet, exercise and lifestyle modifications, FM is controllable.

Causes and Effects

Although increasing evidence points to a genetic predisposition, the definite cause of – as well as the cure for – FM continues to elude researchers. Many patients attribute the onset of the disorder to a specific incident, such as an auto accident, viral infection or severe emotional strain.

Among the most widely-recognized causes of FM are central nervous system disorders. The "glitches" include pain perception problems; neurochemical factors; decreased pain threshold; muscle abnormalities, often traceable to the central nervous system; and inconsistent serotonin levels. Serotonin is a chemical that regulates mood, memory and pain perception.

A common pattern seen in CFS and some FM patients is the autoimmune triad, where the body attacks itself.

Facts and Fallacies About Fibromyalgia

It involves the thyroid and adrenal glands as well as the cells in the body that absorb vitamin B12. The body assaults these pseudo "invaders," resulting in low thyroid, adrenal and B12 function.

The role that stress plays in FM has been studied over the years. Changes in the central nervous system may cause the sympathetic nervous system (fight or flight response) to not turn off – or the parasympathetic system (feed or breed response) to not turn on when confronted by stress.

Chiropractic Care

Ongoing research indicates that chiropractic care may alleviate fibromyalgia. In one study, investigators from the Canadian Memorial Chiropractic College in Toronto followed 21 patients with FM. Chiropractic care quelled FM symptoms. Specifically, patients enjoyed significantly improved range of motion and reduced pain levels.

Another analysis looked at the effect of chiropractic care on patients with FM. Subjects received specialized care including chiropractic adjustments and a unique form of massage therapy called ischemic compression. 12 out of the 15 subjects who completed the trial enjoyed a significant reduction in pain intensity, lessened fatigue and improved sleep quality.

Diet and Nutrition

Since one aspect of FM is over stimulation and over sensitization of the central nervous system, it is essential for patients to discontinue the use of stimulants – specifically caffeine and tobacco. It is also imperative that they avoid depressants, such as alcohol and sleeping pills. A whole-foods diet featuring whole grains, legumes, fruits, vegetables and moderate amounts of fish and meat is most beneficial.

Dr Janet Travel and Dr David Simmons referenced 317 studies detailing how hormonal, vitamin and mineral deficiencies contribute to muscle disorders. Of particular importance are iron, folic acid, magnesium, zinc, beta-carotene, vitamins A, B6, B12, C and E levels.

Frorciso

A vicious cycle involving exercise occurs with FM. It often causes exhaustion the next day, leaving the sufferer feeling unable to exercise, resulting in further de-conditioning. As treatment continues, however, post-exercise exhaustion changes to a "good tired" feeling for two hours after exercise and an increased energy the next day. Slowly adding exercise as health starts to improve is mandatory. Gentle walking and swimming, without overdoing it, can jump-start a FM patient on the road to recovery. Over time, ability and stamina will return to normal.

It's Never Too Late To Shape Up

Think you're too old to start exercising? Think again. New research demonstrates that seniors who start exercising during old age still secure life-extending benefits.

Talk to Your Doctor of Chiropractic

Misalignments (subluxations) of the upper neck were highlighted as a possible cause of FM on a dateline special in 2005. Removing nerve pressure at the base of the skull gave significant relief to FM sufferers.

It's important to discuss your symptoms and concerns with your chiropractor. Together, you can address issues of nutrition, sleep, exercise and stress reduction. Learn to control your FM; don't let it control you! Learn more about our community office; find us on Facebook-Chiropractic USA.

Creating a healthy community

Dr Bob Graykowski Chiropractic-usa.com (916) 973-1661

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Carmichael RECREATION AND PARK DISTRICT

Carmichael Recreation and Park District is announcing these upcoming events

Comedy Under the Stars July 29th/ October 7th from 8pm- 10pm @ the Veterans Memorial Amphitheatre

Join the Fair Oaks Recreation and Park District and Sacramento's "Laughs Unlimited" for a night full of laughs! For more information or to purchase your tickets please visit us online @ www.fairoakspark.org or call our district office @ (916) 966-1036. No tickets will be sold at the door.

• Tickets are \$15 per person or \$42 group pack (all three shows.

Sacramento Valley
Symphonic Band Association
presents Community Band Festival
Carmichael Park, Saturday—Sunday
June 4-5, 2011. Free to the Public!

Bring a lawn chair! Bring a picnic! Spend the day! Carmichael Park is on Fair Oaks Blvd between Grant and North. For more information: 916-489-2576 or mlehr@sbcglobal.net

FREE SUMMER CONCERTS AT CARMICHAEL PARK

Sunday, June 5

Sunday, June 12

Sunday, June 19

Sunday, June 26

Sunday, July 3

Sunday, July 10

Saturday, July 16

Sunday, July 17

Sunday, July 24

Saturday, July 30

Sunday, July 31

Sunday, August 7

Saturday, August 13 Sunday, August 14

Sunday, August 21

Saturday, August 27

Sunday, August 28

11am-7pm

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.



Saturday, June 4 The 20th Annual Con 1-6om Sponsored by the Sacrament

The 20th Annual Community Concert Band Festival Sponsored by the Sacramento Valley Symphonic Band Assoc.

Marches, Pops, Classical Capitol City Concert Band 50–60 piece Concert Band

SwingMasters-Big Band/Swing
Xstadic-Classic Rock/Country/Blues Cover Songs
Break

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

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

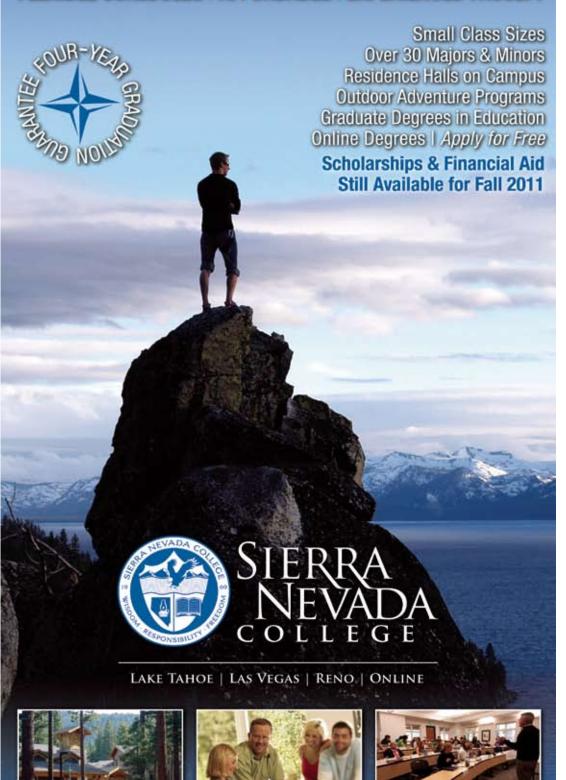
* Denotes Saturday concerts



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

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A Film Review by Tim Riley

THE HANGOVER PART II (Rated R)

Director Todd Phillips' followup to his blockbuster comedy film "The Hangover" is just about as good as it gets. For one thing, the successful formula remains the same in "The Hangover Part II."

The setting has changed from the tawdry glitz of Las Vegas to the dingy back alleys of Bangkok. But the story of regular guys looking to have a good time remains the

As we well know, these regular guys have a knack for ending up in serious trouble after a hard night of debauchery, public drunkenness and other unspeakable acts.

The usual suspects travel to exotic Thailand for the wedding of their pal Stu (Ed Helms), the nerdy, excitable dentist, who is marrying the lovely Lauren (Jamie Chung) in her homeland.

Stu, you may recall, was previously married briefly to a hooker during their misadventures in Vegas. But this time, he has found true love and doesn't want to mess it up.

The fact that Lauren's father, a physician, strongly disapproves

Riley Reviews

SECOND TIME AROUND "HANGOVER" DELIVERS THE COMIC GOODS

of this union is a source of great amusement. His toasts at the rehearsal dinner snidely disparage Stu's career and equate his personality to that of soggy white

Not wanting to lose any more teeth, Stu had proposed, before the overseas trip, a safe, subdued prewedding brunch, with pancakes, coffee and no alcohol, at the local

His pals, Phil (Bradley Cooper), the smooth talker, and Doug (Justin Bartha), the prospective groom during the ill-fated Vegas trip, want a real bachelor party.

Joining the Wolfpack for the trip to Thailand is Doug's brotherin-law Alan (Zach Galifianakis), the foolish nitwit and walking man-child disaster who constantly wreaks havoc and offends with his tactless remarks.

As fate would have it, the four guys who ended up in so much trouble in Sin City are headed unexpectedly for more of the same in the sinful city of Bangkok.

Once at the beautiful beach resort in Thailand, Phil rekindles the idea of some form of a bachelor party, at least one that might avoid the problems that come from unwittingly ingesting roofies.

With the blessing of Stu's future bride Lauren, the boys gather around a campfire on the beach for one drink from unsealed beer bottles, while bringing along

Lauren's younger brother Teddy (Mason Lee), a teenage prodigy and gifted pre-med student.

Next thing you know, Stu, Phil and Alan wake up in a stupor in a sleazy, dingy Bangkok hotel room. Teddy is missing, but apparently his finger, complete with a school ring, is found floating in an ice

What's more, Stu has a raw, fresh tattoo on his face that resembles the one adorning Mike Tyson. Alan's head is now shaved. A chain-smoking capuchin monkey runs loose in the bathroom.

Justliketheoriginal "Hangover," the dazed bachelor party celebrants must piece together clues of their night of revelry to not only find out what happened, but to locate the missing Teddy.

What comes next is an adventure through the seedy underbelly of Bangkok, including unsavory encounters with thugs, Russian mafia, a Buddhist monk and pole dancers of dubious sexuality.

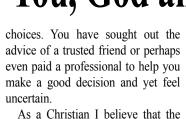
The gangster Mr. Chow (Ken Jeong) has also returned, losing none of his swagger as he goes up against crime lord Kingsley (Paul Giamatti), who in turn threatens the Wolfpack for the delivery of bank account numbers.

"The Hangover Part II" is rated R for its "pervasive language, strong sexual content including graphic nudity, drug use and brief violent images."

By all accounts, the MPAA seems to have gone easy on a film that is filled with raunchiness and plenty of gratuitous sexual images and deprayed humor.

But, hey, "The Hangover" is all about pushing the boundaries of good taste in pursuit of outrageous laughs. If you loved the original, you will feel the same about this one.

You, God and Guidance



As a Christian I believe that the God of the Bible very much wants to "lead, guide and direct" my life. In the Bible book of Exodus we see God leading His people across the desert with a "cloud by day and a pillar of fire by night". (Exodus 13:21-22). How fortunate those Israelites were!

Another place that describes God's guidance for His people is in Isaiah 30:21, "And your ears will hear a word behind you, 'This is the way, walk in it,' whenever you turn to the right or to the left." This is a most comforting picture of God standing close behind me seeing what I cannot see ahead and gently guiding me. I have never heard an audible voice from God. But I do believe that this is how close and how attentive God is to every Christian. God knows the way and He wants us to be on the right path. God is the best possible guide.

James 1:5 says that if anyone lacks wisdom he should ask of God who gives to all generously...but let him ask in faith without doubting. So we need to find a quiet place and confidently ask God to guide us in our present dilemma. "God what's

the next step in" Then we need to be still and give attention to what comes into our mind over the next few minutes. Be ready to write down what comes because it could very well be God's Word of guidance for you. Test it by sharing it with another Christian and make sure it does not contradict anything that God has already spoken in the Bible. Then start obeying or moving. Have you ever tried to steer a parked car? Next to impossible! But if that car is rolling, even very slowly, steering becomes possible. After you have asked God for guidance start acting on your best choice and see what happens.

If you do come to the point of seeking professional counsel or guidance I invite you to consider contacting the church's counseling center, New Horizons, at 485-1211 or email them at nhcounseling@ aol.com. You may also want to check out their website at www. newhorizonscounselingcenter.org. We have a qualified staff of Christian Counselors to assist you.

God bless you,

Rev. Richard Reimer, Lead Pastor-American River Community Church 3300 Walnut Ave., Carmichael www. arcconline.org

Grief Support for Widowed People

Pastor Richard Reimer

Perhaps you have received the

G=God U & I D=Dance (God You

and I Dance). If you have ever taken

ball room dancing you know how one

partner leads and the other follows.

The lead makes sure the couple

doesn't crash into the others on the

I ran across this quotation recently,

"to have his path made clear for him

is the aspiration of every human being

in our beclouded and tempestuous

existence." (Joseph Conrad - The

Mirror of the Sea 1906) You and I

need guidance! I guess right now

there is a situation in your life that you

are considering your options on. You

may feel stuck at a crossroads and

in a mental and emotional quandary

about which direction to take. You

have done the "plus and minus" page

for each of your various alternatives.

You have examined your motives

and assumptions. You have identified

how you think and feel about your

dance floor!

email that defines the word guidance

will hold a meeting on June 10, 1:00PM for anyone interested in helping other widowed people work through the grief process and find redirection in their lives.

This organization has trained volunteers who help widowed people understand the trauma of losing a spouse. It has been in the South Placer area since 1986 and is funded by local community organizations. For location of this meeting or other information call 530-885-8298.

The Fair Oaks Friends of the Library

will host its Summer 2011 Book Sale, Sat. June 11, 10-4Pm. On Mon. June 13, 1-5pm is a Clearance of unsold books. A pre-sale for members is held on Fri. June 9, 3:30-4:30pm. Nonmembers may join at the door.

All sales are in the Community Room of the FAIR OAKS Community Library,

11601 Fair Oaks Blvd., Fair Oaks, CA 95628. (916) 264-2700.

The Mission Oaks Computer Club

will meet on Thursday, June 9, 2011 from 1:00 PM to 3:00 PM at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael.

The meeting topic will be "Online Safety from Financial Scams" presented by Michael Lee of Golden 1 Credit Union.

A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome.

For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org

Delivery Routes Available Call 773-1111



Crossword Puzzle on Page 6

Root Cellar: Genealogy **Document Scanning**

June 8: A mobile scanning service will be discussed at the Root Cellar Genealogical Society 7pm-8:30pm, meeting, Citrus Heights Community Clubhouse 6921 Sylvan Way, Citrus Heights. Free. 916-412-3511.

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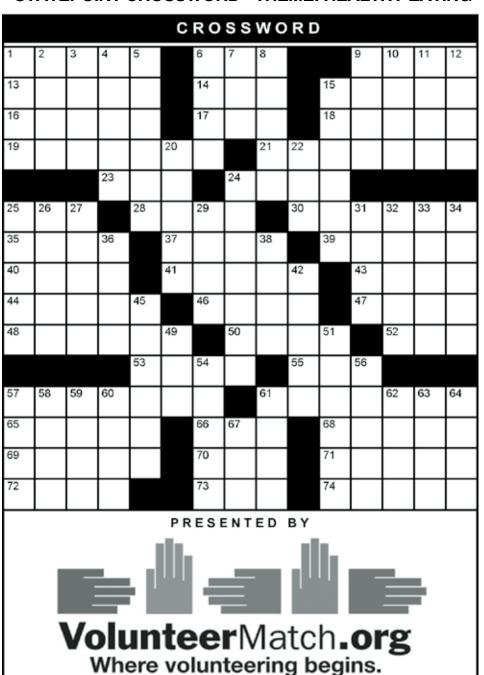
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ACROSS

- 1. *Food past its sell-by
- date
- 6. Online pop-ups 9. "____ to My Lou"
- 13. Furiously angry 14. Gift topper
- 15. Manicurist's board 16. "Rolling in the Deep"
- 17. Id's partner
- 18. Katmandu country
- 19. *Food
- 21. *Source of resveratrol
- 23. Rogue or rascal 24. It comes to mind
- 25. Drumstick
- 28. Give certain impression 30. Treeless plains
- 35. Copycat
- 37. Petri dish gel
- 39. South American camelid 40. *Needs calcium
- 41. *Like low-calorie version
- 43. Demonical
- 68. Habituate 69. To call by name, archaic 70. Hawaiian wreath 71. Cancelled or reversed

66. Finish

44. Door signs

48. Auditorium

50. Sun beams

53. Annoyingly slow

55. Goes with "aah"

57. *Should not be too large

65. *Pungent natural healer

61. Like localized disease

47. Bristle

52. Acid

46. Tarot card reader, e.g.

- - , all together

72. Broflovski of "South 73. Allow

home

CLUES

DOWN

2. Neat

1. Lover's strike

4. Jasmine's kin

9. Eurasian duck

Dropsies

In bed

Omega-3

3. Affirm with confidence

Day Afternoon" (1975)

_fish, rich in

10. Confederate soldier's hat

11. Ayatollah Khamenei's

12. Gomer on "The Andy

- Griffith Show
- 15. Ultimate goal
- Utopia, e.g. 22 *Sushi item
- 24 Similes or allusions 25. *Source of food
- information

- 27. Relating to a gene

26. Ingredient in strong

45. Lying on your back 49. Holstein sound

clothes

51. *Too much can increase

29. Knight's chest plate 31. A in IPA, pl.

32. Innie or outie?

34. *Starter or side

36. Network of nerves

42. Done before buying

38. Actress Perlman

33. Leaves out

- blood pressure
- 54. Death announcer
- 56. Reddish brown natural
- 57. Chicken pox scar, e.g.
- 58. Unrivaled
- 59. Cambodian money
- 60. Drink too much
- 61. Revise for publication
- 62. Clays or mucks 63. Author Murdoch
- 64. Get rid of 67. Maiden name indicator

For Solution See Page 5

Nicky Mehtani of Carmichael **Graduates From Rice University**

Carmichael - Nicky Mehtani of Carmichael graduated cum laude from Rice University May 14.

Mehtani received a Bachelor of Arts degree in Biochemistry and Cell Biology.

New York Times columnist David Brooks delivered the commencement

Rice University President David Leebron congratulated the graduates with a handshake as they walked across the stage.

This year Rice awarded 1,599 degrees, including 802 undergraduate



and undergraduate professional degrees and 797 graduate degrees (master's and Ph.D.s). The Class of 2011 is the 98th graduating class in Rice's history.

Located in Houston, Rice University is consistently ranked one of America's best teaching and research universities. Rice will

celebrate its centennial year in 2012.

On the web: http://readabout.me/ achievements/Nickv-Mehtani-of-Carmichael-CA-graduates-from-Rice-University/2422616.

For more information contact Patrick McLaughlin, (713) 348-6396.

Hundreds of Jobs at 20th Annual Hire Fest

Sacramento-Thejobopportunities will be plentiful, and jobseekers will find plenty of recruiters there to meet them and discuss the possibilities at Sacramento's 20th Annual June HIREvent on Tuesday, June 14, from noon to 4pm at the Holiday Inn Northeast, 5321 Date Avenue, off I-80 at Madison.

This free job fair will feature a variety of employers actively

hiring for entry-level to management positions in a wide range of fields. It promises to be a very productive afternoon for jobseekers to introduce themselves to recruiters and make valuable contacts with both public and private-sector organizations. Employment experts will also be on hand, providing free personal resume consultations.

Prospective job applicants should

dress for success and arrive early enough to talk with every recruiter, because all the employers will be eager to fill immediate openings. Sacramento's 20th Annual June

HIREvent is sponsored by KCRA, KQCA My58, Telemundo 33, Clear Channel, and Job Journal. For more information, visit JobJournal.com or call 888-THE JOBS (843-5627).

Monthly Military Retirees/Spouses Monthly Meeting

Our next scheduled monthly meeting will be held on 14 Jun 2011 at the North Highlands Park and Recreation District, at 6040 Watt Ave, N. Highlands. Meeting time is 1030 hrs.

Our speaker is Dr (PHD) Barbara Gillogly who will be speaking about loss of memory as we grow older. Excellent speaker and should be very informative.

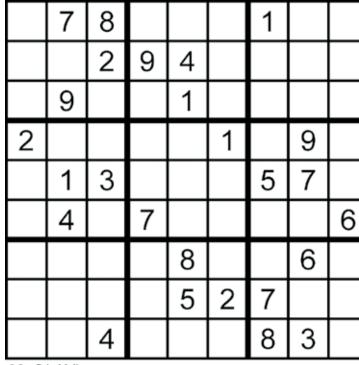
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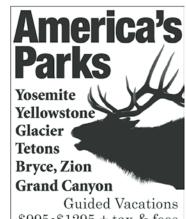


Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solution See Page 7

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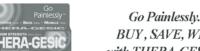


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FICTITIOUS BUSINESS NAME STATEMENT #1103868, Brewdog PLC, Unit 1 Kessock Workshops, Fraserurg, AB43 84E, Scotland business under the is doing Fictitious Business Name "JBW 77" at Unit 1 Kessock Workshops, Fraserurg, AB43 84E, Scotland. Filed with the Clerk of Sacramento County on April 27, 2011. Publish May 11, 18, 25, June 1, 2011 JBW77 10502

FICTITIOUS BUSINESS NAME STATEMENT #1104012. Catherine Mary Corfee, 6513 Grant Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Corfee Stone & Associates" at 6503 Grant Ave Carmichael, CA 95608. Filed with the Clerk of Sacramento on May Publish May 11, 18, 25, June 1, 2011. 10502

SUPERIOR COURT OF CALIFORNIA+ COUNTY OF SAN BERNARDINO SUMMONS CASE #FAMSS 1006613

NOTICE TO RESPONDENT: NANCY JO NUNEZ You are being sued. PETITIONER'S NAME IS:

GILBERT NUNEZ JR. You have 30 Calendar Days after this Summons and Petition are served on you to file a typewritten response (form FL-120 or FL-123) at this court and have a copy served on the petitioner. A letter or phone call will not protect you.

If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form.

If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpcalifornia.

org), or by contacting your County Bar Association. The name and address of the court is: Superior Court of California. County of San Bernardino,

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San Gernardino, CA 92415. The name, address, and telephone number of petitioner's attorney, or petitioner without attorney, is: House, worthal, 8414 Sierra Ave., 909-357 Falkenthal, Fontana, CA 92335; 909-3578083. Dated: Dec. 9, 2010. Publish May 11, 18, 25, June 1, **FALKEN** 10502

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

The following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of Veranda, located at 5916 Palm Dr., Carmichael, CA 95608.

FILE #1008195

Susan Powers, 6315 Landis Ave., Carmichael, CA 95608; and Lora Redman, 4000 Las Ninas Sacramento, CA 95821. The business was conducted co-partners. by:

The Fictitious Business Name Statement was filed on Sept. 14 2010 in the County of Sacramento. Filed with the Clerk of Sacramento County on May 5, 2011 Publish May 18, 25, June 1, 8, VERAND 10503

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

CHANGE OF NAME WHEREAS, Paula Sue Braxton has filed a petition with this court for a decree changing name of Paula

Sue Braxton to Paula Sue Brayden. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on June 17 2011 in Dept. 16, located at 720 9th St. Boom 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 General Circulation, printed Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 4, 2011. Kevin R. Culhane

Judge of the Superior Court Publish May 18, 25, June 1, 8,

BRAXTO 10503 SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00102934 WHEREAS, Candy Lynn Wood has filed a petition with this court for a decree changing name of Candy Lynn Wood to Candy Lynn Brayden. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on June 17, 2011 in Dept. 16. located at 720 9th St. Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change

of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 4, 2011. Kevin R. Culhane

Judge of the Superior Court Publish May 18, 25, June 1, 8, BRAYDE

10503 NOTICE OF PETITION TO **ADMINISTER**

ESTATE OF CHARLOTTE SUTTON

ESTATE NO. 34-2010-0007-3822 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CHARLOTTE SUTTON (deceased)

A petition has been filed by VICTORIA BISHOP in the Superior Court of California, County of requesting VICTORIA BISHOP 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, Room 214, Sacramento, CA 95826 on June 9, 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.

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

The name and address petitioner or petitioner's attorney is: Victoria Bishop, 4870 Watseka Way, Sacramento. 916-367-2533. 95835; Publish May 25, June 1, 8, 2011. **BISHOP** 10504

NOTICE OF PETITION TO **ADMINISTER** ESTATE OF AIDAN THOMAS SQUIRES

ESTATE NO. 34-2011-00103315 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of AIDAN THOMAS SQUIRES aka Aidan Squires,

aka Aidan T. Squires (deceased): A petition has been filed by JACOB SQUIRES and KIMBERLÝ **SQUIRES** Court of California, County of Sacramento. reauestina JACOB SQUIRES 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, 95826 on June 23, 2011 at 9 a.m.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney

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: Llewllyn & Spann, Attorneys at Law. 5530 Birdcage St. #210, Citrus Heights, CA 95610; 916-966-9036. Publish May 25, June 1, 8, 2011. 10504 LLEWEL 6-8-1

FICTITIOUS BUSINESS NAME STATEMENT #1104376. James P. Crawford, 4324 Vista de Lago Way, Fair Oaks, CA 95628 is doing business under the Fictitious "Crawford Name Business Construction Services" at 4324 Vista de Lago Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento on May 13, 2011. County Publish May 25, June 1, 8, 15, 2011 CRAWFO 10504 6-15-11

FICTITIOUS BUSINESS NAME STATEMENT #1104439. Claveau Construction Corporation, 4811 Cypress Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name Claveau Construction Corporation' at 4811 Cypress Ave., Carmichael, CA 95608. Filed with the Clerk of SacramentoCountyonMay16,2011 Publish May 25, June 1, 8, 15

CLAVEA 10504 6-15-11 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00103466

WHEREAS, Gaing Gae Joe has filed a petition with this court for a decree changing name of Gaing Gae Joe to Cheryl Gae Joe IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on June 25. 2011 in Dept. 16. located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted.

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

Judge of the Superior Court Publish May 25, June 1, 8, 15, 10504 6-15-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00103737

WHEREAS, Jacquelyn Renee

Stermer has filed a petition with

this court for a decree changing name of Jacquelyn Renee Stermer Renee Jacquelyn Jason IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 8,

2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to

Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 19, 2011. . Kevin R. Culhane Judge of the Superior Court

Publish May 25, June 1, 8, 15, 2011. JASON 10504 SUPERIOR COURT OF

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE **CHANGE OF NAME** #34-2011-00103597 WHEREAS, Shannon Dee Brooks has filed a petition with

this court for a decree changing name of Shannon Dee Brooks Shannon Dee Jensen IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 8 2011 in Dept. 16, located at 720 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

CA 95814 and show cause if

petition. Dated: May 17, 2011. Kevin R. Culhane Judge of the Superior Court Publish May 25, June 1, 8, 15,

2011.

10504 **JENSEN** 6-15-11 FICTITIOUS BUSINESS NAME STATEMENT #1104725. Azar, 1501 Secret Ravine #1917, Roseville, CA 95661 is doing business under the Fictitious Business Name "American Eagle Body Shop," at 6801 Fair Oaks Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 24, 2011. Publish June 1, 8, 15, 22, 2011. AMEAGL 10601

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

#34-2011-00104056 WHEREAS, Tien Quyhn Truong has filed a petition with this court for a decree changing name of Tien Quyhn Truong to Kelly O. Truong. IT IS ORDERED that all

persons interested in the above . entitled matter appear before this court at 1:30 p.m. on July 15 2011 in Dept. 16. located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper

of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 26, 2011. Kevin R Culhane Judge of the Superior Court Publish June 1, 8, 15, 22, 2011. **ADMINS**

10601



SUPERIOR COURT OF CALIFORNIA ORDER TO SHOW CAUSE

COUNTY OF SACRAMENTO CHANGE OF NAME #34-2011-00103541 WHEREAS, Nina Rachele

Mills has filed a petition with this court for a decree changing name of Nina Rachele Mills to Rachele Mills-Rodriguez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 1, 2011 in Dept. 16. located at 720 9th St. Room 102 Sacramento

CA 95814 and show cause, if

any, why the petition for change

of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 17, 2011. Kevin R. Culhane Judge of the Superior Court

Publish June 1, 8, 15, 22, 2011.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00103570

WHEREAS, Brock D. Hickey Jr. has filed a netition with this court for a decree changing name of Brock D Hickey Jr. to Brock Daniel Wegner. IT IS ORDERED that all

persons interested in the above

entitled matter appear before this court at 1:30 p.m. on July 8 2011 in Dept. 16. located at 720 9th St., Room 102, Sacramento CA 95814 and show cause, it any, why the petition for change of name should not be granted IT IS FURTHER ORDERED that a copy of this Order to

Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 17, 2011. Kevin R. Culhane Judge of the Superior Court Publish June 1, 8, 15, 22, 2011

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Carmichael Times Page 9 June 1, 2011



Remembering a Lost All-Star

A few weeks ago there was an article about Bernard King, former NBA star and a should-be Hall of Famer, in the San Francisco Chronicle. The central point of the story was that there are a number of people in the Hall with much less talent than King.

King was a prolific scorer, averaging 22.5 ppg over fourteen seasons. He was an unstoppable offensive force, with his classic jump hooks and turnaround jumpers, and his powerful, slashing drives to the basket. He was Comeback Player of the Year and then a first-time all-star in his two seasons with The Golden State Warriors in the early '80's. He became legendary after going to the New York Knicks, leading the league in scoring one season, scoring 60 points in a game, and becoming a four-time all-star.

The reason I bring this up is because I got to see King play up close one time with a very close friend. Let's call him Norm. Norm and I went to the Oakland Coliseum one night in '82 to see the Warriors. In those days you could buy a cheap ticket and at halftime look for a better seat. We found two in the second row under the Warriors' basket and watched Bernard King work his magic and punish the opposition for the rest of the game. A night not to be forgotten.

I lost my friend, Norm, about fourteen years ago to sudden cardiac arrest. In keeping with the theme of

remembrance around the Memorial Day holiday, I take this opportunity to pay tribute to an all-star friend lost. Perhaps my story might trigger similar recollections by the readers. Many of us find very special friends through sports, and many of us lose a friend along the way.

Norm and I became friends early in high school and the friendship grew for over thirty years. We played pick up basketball together hundreds of times after school in the gym, or at a school ground near his house. Sometimes we'd go with a couple other guys to the navy base and challenge the sailors— and we usually schooled them. There were a lot of handball matches during lunch hour, but mostly we shared our general sports fanaticism on an almost daily basis.

As it happens, after high school we didn't get together often enough. But occasionally we'd hook up to go to a game somewhere. Norm was in my wedding party a few years later. At one point, mutual friends put together a city league basketball team in a town equidistant between our hometowns, so we took the chance to play together again for a couple of seasons. As our families grew our meetings were very few and far between.

One day the call came about his passing. Norm was a guy with a perpetual smile and a lucky streak. One time after high school a bunch of us were in Tahoe at a buffet line

and Norm said, "I'll be right back." A few minutes later he came back and bought us all lunch. But with an ongoing heart condition, his luck just ran out.

He was a beloved figure and dedicated to his hometown, and his story was on the front page of the local paper. At his funeral the church was overflowing, but no one could speak when the time was offered. I stepped up without a plan, but hoping to find something to say to help. I told his everyday friends a short story of how it was Norm's idea to get four close old friends together for a weekend once a year at a relative's cabin by the river. We played cards and toasted drinks into the night and played nine holes of golf in the morning. We rekindled great old friendships and had the promise of them becoming ever greater over time, thanks to Norm. We did it twice and it was suddenly over. I told the people I was jealous of how lucky they were to have shared their daily lives with my friend.

It was our love of sports that brought us together and we grew up a lot together sharing the love. When I saw the Bernard King story in the paper it all came back to me. I pulled out the copy of the paper I saved with Norm's story and it hit me pretty hard. I hope my story helps you readers to remember fondly your lost all-stars; and toast them one time around Memorial Day.

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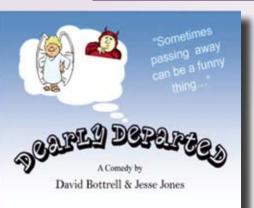
Visit First 5 Sacramento's dental website at:

www.First5SacDental.org

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







PRESENTS Dearly Departed through June 12

Meet the Bible Belt kin of Bud Turpin. They've got a funeral to plan and-between the feuds, marital flings, and Macaroni and Ham Loaf Surprise-it may escalate into a multiple-coffin memorial service. By the time the Turpins sort through the hangovers, money problems, and headstone engraving options, they've learned that coping with life's losses can turn out to be drop-dead funny.



CHAUTAUQUA CHILDREN'S THEATRE PRESENTS

Three Little Kittens through June 4 at 12 & 2 pm

"What...lost your mittens? You naughty kittens! So you shall have no pie!" Where are those mittens? All Children's Show tickets: \$7.00.

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

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Classes are held at SMEDS on Mission near Cottage and include singing, dancing, acting and stagecraft. New this year! Our drama coach, Rick Hauk, will direct an additional show For those most interested in acting only. Students will help write the script! Check out the website for details.

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Carmichael Times Page 10 June 1, 2011

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Image: Bronze by Jay Bishop Sculptures-2011, May 31-June 18, 2011

Sacramento Fine Arts Center announces Sculpture show open to all artists. Second Saturday Reception June 11, 5:30-8:30 pm. Artists Awards Reception Saturday, June 18, 1:00-3:00 pm. Entry dates for this Open Exhibition are Friday, May 13 & Saturday, May 14, 11:00-3:00 pm. Judged by Tony Natsoulas.

Exhibition Schedule

May 31-June 18, 2011 Sculpture Show June 21-July 9, 2011 "Inner Views", NCA Membership Show July 12-August 5, 2011 **Quilters Pride** August 9-September 3, 2011 Magnum Opus September 6-October 1, 2011 "Go With the Flow", WASH Open Show October 4-29, 2011 "Bold Expressions", NCA Open Show November 1-19, 2011 Annual Photography Show November 22-December 3, 2011 Ars Gratia Artis Holiday Craft Fair December 9-11, 2011



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Carmichael Times Page 11 June 1, 2011

Free Carmichael Park Band Festival this Weekend



Story and Photo by Susan Maxwell Skinner

Carmichael - For this weekend's 20th annual Community Band Festival, co-organizer Dr Les Lehr (center) will lead the Sacramento Symphonic Winds on Sunday, at 4 p.m. Free to audiences, the two-day brass and woodwind blow-out has

brought thousands of musicians to Carmichael Park for 20 years.

June 4 and 5 offer 13-hours of nonstop music, presented by ensembles from as far away as the Bay Area. Star turn is the 59th Army National Guard (Governor's Own) Band performance, also on Sunday afternoon. Picnickers and dancers are welcome.

The event kicks of a Carmichael summer concert series that continues through September. For more information visit www.carmichaelpark. com or call (916) 485-5322.

California Association of Enterprise **Zones Warns Governor's Proposal Will Cost Taxpayers**

Association Enterprise Zones president Craig Johnson issued the following statement today after the Senate and Assembly budget committees approved Governor Jerry Brown's misleading attempt to undermine the state's successful Enterprise Zone program.

"Governor Brown's recently released May Revise decimates the Enterprise Zone program, retains and strengthens barriers to employment and will end up costing the state money and jobs. The Enterprise Zone program was designed to empower

residents currently utilizing taxpayerfunded services by giving them steady employment. By eliminating these targeted hiring incentives, the governor's proposal eliminates employment opportunities for tens of thousands of Californians already struggling to find a job. Instead, these residents will be forced to continue using our already limited government-assistance programs like unemployment benefits and food stamps.

"In fact, while the governor claims his 'reforms' will save the state approximately \$93 million, the program currently saves the General Fund more than \$120 million annually.

"The California Association of Enterprise Zones applauds the members of the Legislature who today stood up for businesses and employees struggling to survive this prolonged recession. We are extremely disappointed that these alleged reforms passed out of committee but look forward to continue educating the Legislature about the governor's misguided attempts to undermine the successful Enterprise Zone program."

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You may not be the biggest or the prettiest dog in the pack, but if you the secrets to success, fulfillment, and happiness, then Peggy McColl says you grab it all with gusto. Her bone is her dream, and you can have yours too with her book "Be A Dog With A Bone." Peggy says dogs can teach us a lot about reaching our goals, so roll over the following tips and find out how to grab your own goals and dreams and roll in the bliss of success and contentment.

1) What is your bone...your goal? A dog knows a good bone when he sees one and goes for it. Chomp on your goal, chew it over, then grab hold and ignore that little voice that says you can't.

with Mary Jane Popp

2) Be a little dog with a big attitude. Don't think small. Dream big! Be excited about your goal, feel entitled to achieving it, and experience the feelings you'd feel if you'd already reached it. Think little lap dogs barking at a big German Shepard,

3) Get out of the dog house. Be courageous and believe in yourself. See challenging times as a terrific opportunity to leave behind the security of what you once knew and look again at what you might create for yourself.

4) Only ingest things that are good **for you.** A little poison, or negativity. can strongly affect you. If looking at all the obstacles facing you is making you sad, angry, or scared, stop! 5) **Learn new tricks.** We're always having to learn something new. Stop thinking "it's too late" or "I'm too

6) Bark for what you want. Don't be shy. Speak up for yourself. If you want people to help you, approach them and ask.

7) **Don't chase your tale.** Let go of behaviors that are not serving you anymore. Take a look at your habits that are holding you back, and let go of them.

8) When you think you've reached the end of your leash, give yourself a little more leash to work with. Think positive thoughts and stretch past your comfort zone. Stop believing that your power to change your life is limited.

9) Wag your tale! The more you feel happiness and appreciation for what you have, the easier it will be to achieve your goal. Look at all that's working in your life already.

10)Keep your nose wet. Stav healthy. You'll need to feel good and have stamina if you want to reach your goals. Eat well, exercise, and get your rest...take a nap.

And because we have all been attentive, Peggy has a bonus treat for us. 11) Lap us your success. Get excited and celebrate your successes! If you do, it will lead to more successes! A dog can be deliriously happy over a bowl of water, and he'll lap it up

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Carmichael Times Page 12 June 1, 2011

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Carmichael - Prickly partners. Beth Sheley and Bob Myers rejoiced in the 35st annual show hosted by the Carmichael Cactus and Succulent Society.

record-breaking enthusiasts visited the twoday festival. Thousands of plants were sold; scores of exhibition specimens were admired. Club membership is \$7.60 annually. To join, call (916) 366-1842.

Story and photo by Susan Maxwell Skinner





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