

Carmichael Times



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the Chamber
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Mixer**

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Volume 31 Issue 20

Serving Carmichael and Sacramento County since 1981

May 18, 2011

Traveling on Through Life



Lillian shows off her postcards with a twinkle in eye. Photograph by Julie Parker.

By Julie Parker

Carmichael – Lillian Jost received a nice postcard from her niece, Lynn De Mont, in Pennsylvania. Then, another one arrived, and another, and another. De Mont, who is battling

cancer, knew she couldn't attend her Aunt Lillian's 100th birthday party. "I thought, 'It's just about 100 days away. It would mean something to her to have someone in the family send her a card a day for those 100 days.' The first cards were from a booklet

of Edward Steichen photographs. I thought they would be appropriate, because she grew up in the New York City area when Steichen was still active. It's been a pleasure for me."

It's been a pleasure for Lillian, as well. In the corner of each postcard,

she has drawn a heart, with the number of the card in its center, to keep them in chronological order. She's an energetic 100-year-old, who shares her life story with a twinkle in her eyes.

"My mother died when I was born. My father never re-married. He went to live with his father and his sister, and his sister became my mother. I must've been three or four at least before I knew she was not my real mother. My father and I sat on the lawn of the Museum of Natural History, where we often went on a Sunday, and that's when he told me. It made absolutely no difference to me. She was still my mother. But, he thought I should know before I went to kindergarten and was told by some of the kids."

Her father and grandfather built pipe organs, including the one used in Philadelphia's Centennial Exhibition in 1876. Lillian learned how to tune organs. "Each row of pipes are tuned differently. You don't treat it like a piano. It's totally different. After my grandfather died, my uncle set up his own business." Thomas Edison recruited him to refine the lead composition for his new invention, the phonograph.

Continued on Page 2

Churchill Team Competes in National Science Olympiad



Brain acclaim. Representatives of the 20-strong Churchill Middle School science team showed projects at a recent Carmichael Chamber of Commerce meeting. Holding models that demonstrate processes such as magnetic levitation and aquafication were from left: Daniel Shen (13), team coach Robert Sherriff, Kiran Long-lyer (13) and Alyson Porter (14). Photograph by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael - Carmichael's Churchill Middle School will this month dispatch students to compete in the 27th annual National Science Olympiad in Wisconsin.

Churchill's team of 20 young scientists recently took top state-level honors in Clovis. Students and former students of this San Juan District school will next journey to the Madison Campus of the University of Wisconsin. There they will match skills with teenagers from all over

USA. The school has a 20-year tradition of distinguished competition in Science Olympiads.

Such contests are designed to foster problem-solving talents in America's top young scientific minds. Competitors may exhibit diverse projects; applying principles of biology, chemistry or physics. Demonstrations may range from tower construction to methods of disease outbreak investigation.

Olympiad results will be known after May 21.

Aerospace Museum Planning to Celebrate Armed Forces Day



Active Duty Military Personnel and Their Families Can Explore the Museum at No Charge and Discounted Admission Offered to the General Public.

Photo provided by Aerospace Museum of California.

Sacramento Region – The Aerospace Museum of California (AMC) (www.aerospaceca.org) announced today a celebration of Armed Forces Day on May 21, 2011, from 9:00am to 5:00pm with a brief ceremony honoring our troops at 11:00 a.m. followed by a United States Coast Guard C-130 flyby. The AMC is a non-profit foundation dedicated to inspirational and educational programs, honoring the rich military and aviation history of the greater Sacramento region,

and highlighting the impact and innovation of the Museum's many community partners.

In honor of Armed Forces Day, the Museum will also be hosting an Open Cockpit Day where children of all ages can explore, climb into, or imagine what it would be like to soar through the skies in several of the many aircraft on the ramp. Guests will experience historic planes and displays representing over eight decades of aviation history, as well as a chance to view thrilling jets like

a US Navy Blue Angels' fighter, A-10 Thunderbolt, or a famous "Top Gun" F-14 Tomcat just like the movie.

Guests at Armed Forces Day will learn about aircraft they may never have heard of before like a Voodoo, Warthog, Albatross, Boxcar, Dagger or Grasshopper. Who knew aircraft with names such as this carried the heroes that helped to secure the freedoms we enjoy today?

Activities are planned throughout the day, including an inter-

active remote control aircraft display by Mather Aerospace Modelers, entertainment by Band of the Golden West from Travis Air Force Base at 11:00am, Support 4 Soldiers, where attendees can color pictures, sign cards and flags for troops overseas, and so much more.

"We want to acknowledge and honor Americans currently serving in the Armed Forces," said Roxanne Yonn, executive director of the Aerospace Museum of California. "Offering free admission is just a small way of saying 'thank you' for their service and commitment. We encourage visitors to enjoy a day at the Museum, be inspired and give thanks to the men and women (both past and present) who serve and sacrifice for our great nation."

The special no-cost admission rate applies to active duty military service members and their immediate family members. To receive free admittance visitors must present a military ID. Admission for the general public is \$5.

The Museum pavilion and air park opened in February 2007, and since then over 250,000 guests have enjoyed the Museum's unique collection of over 40 military and civilian aircraft, 15 restored engines on display, participated in numerous educational programs, and viewed the Coast Guard art collection. For additional information please visit www.aerospaceca.com.

Carmichael Oaks Hosts Jewelry Benefit



Carmichael Oaks resident Jack Hatfield and marketing director Virginia Stone. Photo courtesy of Carmichael Oaks.

Carmichael - Carmichael Oaks recently hosted a jewelry sale and silent auction at their Mother's Day brunch on Sunday May 8th. Over 50 pieces of jewelry were donated by Carmichael Oaks resident Jack Hatfield from his late wife Margaret (Peggy) Hatfield's estate. The event, which was attended by residents and their families, raised over \$900. All the proceeds from the sale will be donated to the Alzheimer's Association, "Walk to End Alzheimer's" in Margaret's memory. "Pugs" as Margaret was affectionately known as, passed away in 2009 from Alzheimer's.

Many of the jewelry pieces were purchased by Jack during his 30 year naval career traveling around the world, including Siamese silver, Holland delft, Viennese cloisonné, Haitian carved wood, and African bronze. "Pugs loved unique and exotic jewelry. She enjoyed collecting pieces that were handcrafted and unique", said Jack her husband of 63 years. Shown in the above photo,

is Peggy's favorite piece, a pearl and rhinestone choker.

An estimated 5.4 million Americans have Alzheimer's disease develops. The cost of caring for those with Alzheimer's will total \$183 billion in 2011. Since 1989, the Alzheimer's Association has mobilized millions of Americans in the Memory walk and continue to lead the way with the "Walk to End Alzheimer's". The Sacramento Walk raises over a quarter million dollars for programs, services, and research right in their own community. Please support Carmichael Oaks Folks team by registering at www.alz.org/walk by joining and making a donation. This year's walk will be held on Saturday, October 1st, at the State Capital.

Carmichael Oaks provides the finest in senior living with independent, assisted, memory care and respite options for residents. In addition Carmichael Oaks hosts a monthly Alzheimer's Support group. For more information call (916) 248-5715 or visit www.carmichaeloaks.com.

Traveling on Through Life

Continued from Page 1

"We lived in the Bronx. The house was in the Bronx magazine one time. I walked to school. We didn't have a car. We walked everywhere. One of the blocks on the way to school was quite long and that's where I learned to roller skate."

When women were allowed the right to vote in 1920, Lillian's mother voted with the assistance of young Lillian. "We went early in the morning. My mother was blind from scarlet fever when she was young, so she couldn't see. You were allowed to take someone in with you then. I would read what was on the paper, then she would whisper to me what the answer was and I'd put the check in its place with a pencil."

Although her mother couldn't see, she ironed and cooked. "My mother cooked plain meals. They were wonderful, but simple. They weren't dressed up to look pretty. They weren't embellished, or mixed."

The family had one of the first radios—in 1924.

Every winter the family would vacation in West Palm Beach, Florida, where Lillian's aunt lived in a sanitarium, battling tuberculosis. "They took me away for about five years because of the flu epidemic. I slept in a tent in the backyard for fresh air and away from confined germs. But, people put their cats out at night, so there was a lot of caterwauling and it scared the life out of me. I was just a little girl. I was afraid of cats from then on."

When she was 12, her family spent a few weeks in Washington, D.C.. She was walking behind them on the way to breakfast, when she noticed a sign in a tailor's window—"President died last night of apoplexy." "I had no idea what apoplexy was." She asked her father, and took him back to read the sign. "We went on to breakfast and everybody in the restaurant was abuzz with the fact that President Warren Harding had passed on. We were there for the ceremonies, waited in a long line on the steps of the Capitol. The next day, they had a parade on Constitution Avenue with great pomp



Lillian Jost as Vassar College Senior, 1932.

and circumstance, big pageant and parade. The President was in a hearse in a wagon with a white horse. A group of children opposite us viewing the parade burst into the hymn, "Nearer My God To Thee." That was played at every funeral. There wasn't a dry eye in the crowd."

A few days later, she witnessed the arrival at Union Station of the already-sworn in President Calvin Coolidge. "Coolidge was sworn in by his father, who was a Justice of the Peace. Either that night or the next night, on a rainy evening, we waited for Coolidge to come in on the train from Vermont." When he arrived, he and his wife stepped onto a stately horse and buggy. "It had a canopy over it. It was picturesque."

She spent four summers at a private Girl Scout camp. She was allowed to attend, free of charge, by being their bugler. "I had to get people up, call them to meals, and then play Taps at night."

The walk to high school was a little farther, so she would skate. "That was fun, because I went on an underpass through a large street that was downhill. Of course, I would have to go back up. They took me ice skating on a lake, but I didn't take to it very well until I was about 30, I guess. I met a woman who ice skated all of the time and she taught me to figure skate in Bear Mountain."

She attended Vassar College, with

a major in Philosophy and a minor in Religion. "I was going for a math major, because I did very well in high school, but the first year in college, they lost me. I turned out not to be as good a student in college as I was in high school."

An Italian professor served as a chaperone for a group of students touring Europe, in an open Franklin Touring Car. "She turned out to be the perfect tour guide. She not only knew the cities, mountains and lakes, but she spoke six languages, including the dialect in different places." One rainy day in Salzburg, they stopped to listen to an impassioned speech by a rising politician—Adolph Hitler.

After World War II broke out, she joined the Civil Air Patrol, a group of volunteers training women to fly airplanes to replace the men overseas. "I learned to fly on a Piper Cub. Once in awhile, I'd fly a Taylor Craft." Her first solo flight was an experience. "I expected to have a few more lessons. All of a sudden, my instructor got out of the plane and said, 'Take it her up.' I said, 'Oh, no! I'm not ready to solo!' He said, 'Sure you are. Go on.'" Lillian pulled her up, but had to make a second attempt to land. "I wasn't low enough, and wasn't at the right angle for the wheels to hit the ground. I didn't enjoy flying. I took it up, because I loved, just loved, with a passion driving a car. I thought flying would be that kind of fun. You're always wondering if you're going to run out of gas or run out of room or time with sunset, and if you're going to get down in one piece."

They also needed women in the car pool transporting high level military personnel. "Women went to a certain garage early in the morning, and we were given our assignment for the day. We were handed a different car every day, whatever car came up in the car pool next. We drove to the airport, picked up a certain general or admiral or bigwig in the military and took him or them to where they were going to be debriefed. Sometimes, we took someone to the airport. You had to be prompt, early. I was 'Driving Mr. Daisy.' Weekends,

I learned flying, and weekdays I was driving."

She studied to become a librarian at Columbia University, and her first librarian job was in Great Neck, Long Island. She bought herself a car, a Model A Ford, which cost \$710, brand new and commuted to work. "When there was an ice storm, heavy snowstorm, we went skiing. It was great. One time, I didn't get home until around midnight. I changed the tires myself. I made sure the spares were blown-up."

I took my mother to Canada one summer, shortly after I had my car; just the two of us. The first or second night we just froze. We huddled together under a few blankets."

In 1936, she witnessed the freezing of Niagara Falls. "My father's secretary took me and her sister. There was this sheet of ice. So very quiet. It was eerie to see a whole waterfall frozen over."

Meeting her husband Elmer was a "fairy tale." "My father belonged to an organization made up from the military units of the 13 original colonies. They put on a military ball each year. My father's unit was called 'The Old Guard of The City of New York.' I went in my Civil Air Patrol uniform. When I got to the ball, my father was standing there speaking to a handsome gentleman who had the same uniform that I did. We were the only two people with that uniform." Her father introduced them, and the gentleman asked her to dance. "I told him I always reserve the first dance with Wally Reed, our Commandant, but I'll be happy to have the second dance with him. Well, I had the second dance, and the third and the fourth..." He was in mourning, having recently lost his wife, with three daughters, and hadn't wanted to attend the dance. "He called me up in a day or two, called again the next week, and we made a dinner date, and then another and another. In two weeks, I was engaged. It just blew my mind away. I just had the best time with him."

The Ninety-Nines is an organization of female pilots, Amelia Earhart



Lillian Jost as Girl Scout Bugler, age 14.

being one of its founding members. "All of a sudden, the war ended and they didn't need any more women. So, the women partially disbanded, but the Ninety-Nines, didn't. They stuck together. A week or so before I met my husband, I received my membership in the Ninety-Nines, but I never went to a meeting, because along with the war ending, I was in a relationship. I was no longer interested in the Ninety-Nines or the flying."

They married in Lillian's church in the Bronx, and after their honeymoon, took Elmer's daughters on a two week vacation.

One year, during school spring break, the family took a trip to Florida and on the way home, visited a friend in Arkansas who owned a five-acre farm. "On the spur of the moment, my husband said, 'Let's go down to Florida and buy a big ranch. We'll get some cattle and whatever you want.' And, so, they did, complete with cattle and white leghorn chickens. "We named it 'Nirvana,' because that was heaven."

When they traveled through Europe for their summer vacations, they'd order a Mercedes from home for delivery at the plant in Germany. "We'd drive off in our brand new Mercedes, put on about 5,000-6,000 miles for two months, then had the

car shipped home by boat. It was practically brand new, and red. We always had red cars. Even now, when the grandsons get a new car I say, 'Is it red?' If it's not red, I pretend I'm not interested."

They visited Jungfrau Peak, Switzerland. "You drive up the cog railway, which takes you up a very steep way to the peak. Half-way up is a place where you can stay overnight." They met a couple of Americans, who were waiting for the clouds to lift for the view. "It turns out they played bridge with my husband's niece and her husband in a small group in Jersey. We got onto a second railway, which took us up to the peak. There was just complete silence. Reminded me of Niagara Falls."

They saw a famous fellow while in Vienna. "There was a big crowd. Someone told us Khrushchev had just finished one of his high level meetings and he was about to come out. So, we waited, too. He came out, nodded to the crowd, and got into his limousine."

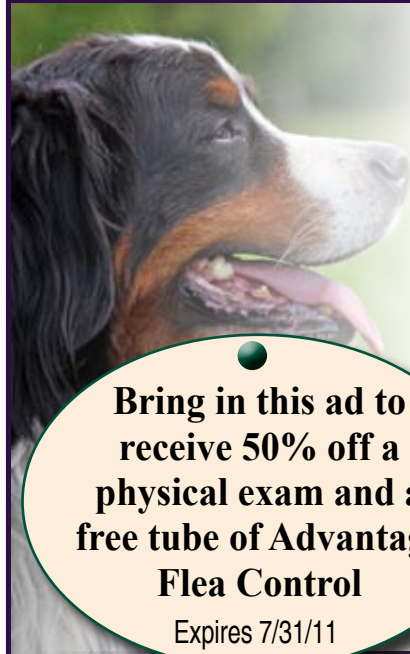
From four daughters, her family has grown to 16 grandchildren, 26 great-grandchildren and a growing number of great-great-grandchildren.

Looking back over her life, she considers what she would do differently. "I'd be gentler with my children. I didn't realize when I was raising them how important kindness was. I was always treated gently and with kindness, but I guess I didn't learn to use it soon enough. Later in life, I think I was a better person."

She recently took up the practice of yoga, working with balancing movements. She works on jigsaw puzzles and is addicted to crossword puzzles. "I do one everyday."

"I attribute my longevity from being laid back, not yelling; it's the kind of person you are within. I have a few sayings I like to impart, especially to younger people. 'As you travel on through life, brother, whatever be your goal, keep your eye upon the doughnut, and not upon the hole.' 'Don't sweat the small stuff, and it's all small stuff.'"

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The Whole Enchilada



Cinco de mucho. A May business mixer for the Carmichael Chamber of Commerce members was hosted by the El Papagayo restaurant. Ownership of the eatery was recently reclaimed by the Aceves family, who 11 years ago established their Mexican oasis at the corner of Marconi and Fair Oaks Blvd. Pictured: Carmichael's Honorary Mayor Pauline Gilmour (left) gets viltted and hatted up with Chamber President Chris Meyer and business owners Rosalinda and Brandon Aceves. Text and Photograph by Susan Maxwell Skinner.



Dr Bob Graykowski



As a prevention specialist, I encourage my patients to exercise daily. However, many patients have difficulty sticking to a workout regime.

More often than not, focusing on losing weight or toning up fails to provide long-term motivation. Instead, focus on the "big picture." Specifically, exercise to live a longer and more rewarding life. What better incentive is there than extra years of disease-free living to relish with loved ones?

But, do workouts really produce changes in life expectancy? The answer from scientists who study longevity is a resounding "YES!"

Live Longer

According to late-breaking research, inactivity increases the aging process, while fitness slows – or even reverses – some aspects of aging.

How does exercise prolong life? One theory argues that mild to moderate workouts enhance the performance of disease-fighting antioxidant chemicals in food. Additional evidence shows that exercise boosts the immune system

Exercise: The Fountain of Youth?

and keeps the heart in top form, warding off cardiovascular disease – the leading cause of death. Strong, fit bodies are also less likely to experience falls and more likely to recover from illness.

Slight weight loss also significantly reduces an individual's odds of stroke and coronary heart disease.

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.

Look to Your Chiropractor for Exercise Advice

Before initiating any exercise program, make sure to check with your health-care practitioner. If your primary health-care provider is not a doctor of chiropractic, it's also important to have a chiropractic evaluation. Your doctor of chiropractic will ensure that your spine is in optimal alignment, which will help prevent posture-related sports injuries. In addition, your chiropractor can tell you what exercise program will best suit your unique goals. So don't wait to start extending your life. Call us today to sign up for our weekly wellness workshop. Learn more about our community office; find us on Facebook-Chiropractic USA.

Stay Active Longer

The foremost fear of many elderly individuals is that they will be forced to depend on others. Losing the freedom to do the things you want to do and go to the places you want to go leads to depression.

Look Young Longer

Physical activity may not only extend your life, but it may also keep you looking young well into old age. Regular workouts firm and tone the body and produce a robust, youthful glow. Active individuals display elevated levels of mental clarity, compared with non-exercisers. And, scientists hypothesize that physical fitness wards off dementia and Alzheimer's Disease.

Be Happy Longer

What's the key to happiness during old age? Regular exercise, say mental-health professionals. Physical fitness is one of the most powerful deterrents of depression.

There's no need to adopt a rigorous training program to reap exercise's life-extending rewards. Even low-intensity activities, such as walking or gardening, can significantly extend an individual's life span.

Another report in the American Journal of Public Health revealed that a sustained loss of 10% of body weight – a goal easily achieved from consistent exercise – slashes the risk of several diseases. For instance, a 10% weight drop cuts the number of years an obese person can expect to live with high blood pressure, high cholesterol and with type II diabetes.

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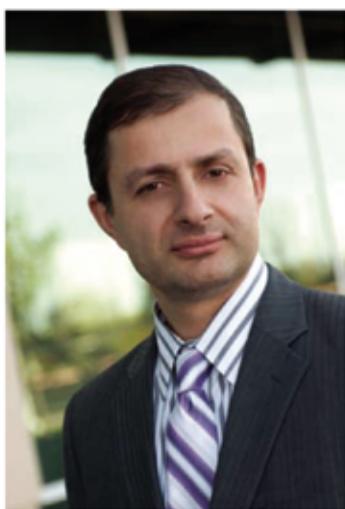
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All I really need to know, I learned from baseball.



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Carmichael Recreation and Park District is announcing these upcoming events

Comedy Under the Stars
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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

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
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



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Local ALS Organization Meets the Needs of Northern California's Most Vulnerable

Sacramento Region – Imagine not being able to use your arms and legs. Now imagine that your insurance company will not pay for a wheelchair or that you cannot afford the co-payment, thus you're immobile. This is a reality that ALS patients (Lou Gehrig's Disease) deal with on a daily basis.

ALS is a neurodegenerative disease that attacks both upper and lower motor neurons and causes degeneration of muscles throughout the body; ultimately leading to paralysis. A common first symptom is a painless weakness in a hand, foot, arm or leg, which occurs in more than half of all cases. Other early symptoms include speech, swallowing or walking difficulty. Currently there is no definitive cause why a person gets ALS, there's only limited treatment available, and no cure has been identified.

Just in time for May, ALS

Awareness Month, the Greater Sacramento Chapter of The ALS Association launched a new 1,000 square foot Durable Medical Equipment Loan Closet specifically to meet the needs of the patients in the 24 counties throughout Northern and Central California it serves. Currently over half of the 156 patients being served have accessed equipment through this progressive new program.

"With the state in fiscal crisis it's never been more important to ensure our patients access to the durable medical equipment that acts as their sole source of mobility," said Amy Sugimoto, Executive Director. "Whether the patients were denied equipment, the co-payment was too high or they don't have insurance at all, the Chapter is the bridge for some and the end all for others."

According to the California Health

Care Foundation, more than 22% of Californians are uninsured. That's 7.2 million people in California without insurance, and more than 89% are not eligible for Medi-Cal assistance. The Loan Closet has a vast variety of durable medical equipment ranging from manual and powered wheelchairs, transfer devices, and augmentative communication devices on loan to those patients who need them.

For more information, or to make a donation, please visit the website at www.alsac.org or call Amy Sugimoto at (916) 979-9265.

Publisher's note: My cousin Leroy, a Vietnam veteran, died from ALS a few years ago. He worked tirelessly to help raise funds for ALS sufferers and his fellow veterans until his death. We hope that if you can make a contribution or a donation, that you will do so at your earliest convenience.



A Film Review by Tim Riley

THOR (Rated PG-13)

Judging by the calendar of the cinema gods, the summer season has already started, which may be news to everyone still waiting for Memorial Day weekend. But for the second week in a row we have another traditional summertime popcorn adventure.

Last week, it was "Fast Five," which speedily raced to the top of weekly grosses. Now along comes "Thor," another Marvel Comics creation, a noisy superhero flick with plenty of thunder to ignite the summer season.

"Thor" operates in alternate universes, from the ancient kingdom of Asgard that floats somewhere in the great beyond to modern day earth in the dusty desert areas of New Mexico. In between, there is a planet of the weird Frost Giants that thrive on frozen tundra.

As the film's titular character, the Norse god Thor (Australian actor Chris Hemsworth) is a brilliant warrior, but too arrogant and cocky for his own good, if he desires to ascend to the throne.

Thor's father, King Odin (Anthony Hopkins), is in failing health. Thor is the chosen one to rule Asgard, but Odin fears his son Thor's eagerness to do battle with the reptilian Frost Giants will prove dangerously reckless.

Meanwhile, standing in the wings, if not in the shadows, is Thor's younger half-brother Loki (Tom Hiddleston), who covets the royal

Riley Reviews

THUNDEROUS ACTION IN "THOR" DELIVERS A ROUSING SPECTACLE

power for himself. I'm not giving anything away, because you can spot jealousy on Loki's face within two seconds.

But Thor launches a commando raid on the Frost Giants that does not go well. If only he had the training of a Navy SEAL, there would probably have been a different outcome.

Instead, for his heroism in spite of a failed mission, Odin banishes Thor from the kingdom, sending him on a journey to present day New Mexico.

His first encounter is with scientist Jane Foster (Natalie Portman) and her sidekick Darcy (Kat Dennings) and mentor, Dr. Selvig (Stellan Skarsgard).

As the Viking god out of his element, Thor speaks like a Shakespearean actor in an Olde English dialect and is obviously puzzled by the modern world.

Thor is also a wonder to behold, with his rippling muscles and charming demeanor. No wonder then that Jane is soon smitten. The chemistry between Thor and Jane is quite good, and sometimes very comical.

The action shifts back and forth between Earth and the realms of mystical worlds in the distant past. The effect of these changing spheres is very intriguing and goes far to explain the predicament for Thor.

On the terra firma of New Mexico, Thor finds that his powers elude him, thereby becoming a mere mortal who must survive on his wits. Odin sought to teach him a lesson in humility, and it appears to work.

Meanwhile, Loki has no interest in seeing his brother welcomed back into the Asgardian fold. His duplicity reaches new lows when acts of treachery betray the family heritage.

When Thor was cast from the kingdom, so too was the magical

hammer that affords him superpowers. It is now in the hands of federal agents in dark suits who guard its presence at a secret desert location as if it were a new Area 51.

Thor and his human friends also encounter a new great danger in the arrival of a huge mechanical cast-iron destroyer who tears about the New Mexico village, tossing automobiles like they were milk cartons.

Retrieving the magical hammer becomes an imperative to saving the Earth and returning Thor to where he rightfully belongs. The use of it is just one more terrific special effect that is magnified on the IMAX screen.

"Thor" is brilliantly directed by Kenneth Branagh, a Shakespearean actor who knows a thing or two about epic tales and also has the masterful ability to bring a light, comic touch to the film.

For a summer blockbuster, "Thor" is a rousing adventure carried on the shoulders of another exciting Marvel Comics superhero.

TCM CLASSIC FILM FESTIVAL WRAP-UP

Don't say I didn't alert you to the good times of the TCM Classic Film Festival, just concluded in Hollywood. The festival sold out its passes, resulting in visitors from 49 states and five foreign countries. Organizers have officially announced the third festival will happen in 2012, probably around the same time of year. Meanwhile, I can tell you from personal experience that there is nothing better than seeing a nicely restored or digitally enhanced classic film on the big screen. The Marx Brothers' "A Night of the Opera" is hilarious, and all the better when seen with an audience. I liked the little gem of Roger Corman's low-budget "The Little Shop of Horrors," which included a weirdly funny performance by a very young Jack Nicholson. My only disappointment was that for the glorious screening of "Goldfinger" the director Guy Hamilton was unable, apparently due to health issues, to keep his appearance to discuss this classic James Bond film. I am already looking forward to next year.

Sac County Releases Preliminary Impacts of Next Year's Budget

Sacramento Region – Sacramento County released preliminary information about service level and staffing reductions that will be included in the Fiscal Year 2011/12 Budget. This information does not include staffing information for the elected offices of the Sheriff and District Attorney or the Public Defender, and the numbers will likely change before the complete Recommended Budget is released on May 27.

"These service reductions are significant, but it's imperative that we size service levels with our current long-term revenue and there is no other choice but to continue to downsize," said Steve Szalay, Interim County Executive. "Though difficult, we are making progress in

using less one-time funds and positioning ourselves for success in the future."

The county will continue to work on reducing impacts to services and department budgets. The budget shortfall for FY 11/12 was \$69.4 M, down from \$181M one year ago.

The shortfall is comprised of:
 \$30 M in one-time funding - 33.19%
 \$20 M in increased labor costs - 22.12 %
 \$19.4M department shortfalls - 21.46 %
 \$69.4 M Total Shortfall

In addition, the impact statements include \$21M in known state reductions, bringing the total reduction amount to \$90.4M.

Along with the reductions in services, there will be reductions in staffing levels. Of the current 11,500 full time employees, about 222 General Fund positions and 92 Non-General Fund positions will be reduced. This does not include the Sheriff and District Attorney's staffing plans. Because of Civil Service rules that dictate seniority "bumping" and transfers combined with retirements, it is impossible to predict the number of people that will be laid off.

County budget documents can be found on the County Budget Website. Budget Hearings will be held the week of June 6, in the Board Chambers at 700 H Street, Sacramento, CA 95814.

Metro's Message

Fire at Cenacle Lane, Carmichael

From Assistant Chief Dale A. Turner
 Public Information Officer



Carmichael - During the early morning hours (03:55) of Friday May 13, 2011 Metro Fire responded to a general fire alarm in a residence at 1918 Cenacle Lane, Carmichael CA.

Units arrived and found a fire in the exterior wall of the dining room that extended into the attic space of a large 6000+ Sq foot home. Arriving firefighters found the

elderly residents of the home had been assisted out by the care taker. One of the occupants was confined to a wheelchair. The roof was tile making the access to the attic fire very difficult. Firefighters requested a second alarm and a total of 48

firefighters in 8 Engine Companies, 4 Truck Companies, and 2 Medics responded to the blaze. Extensive salvage and overhaul was started early to assist in reducing damage to the home and furnishings.

The cause of the fire was determined to have started in the exterior wall of the home and was accidental. Electrical wiring failure could not be ruled out. Working smoke detectors alerted residents and firefighters to the hidden fire in the wall and attic.

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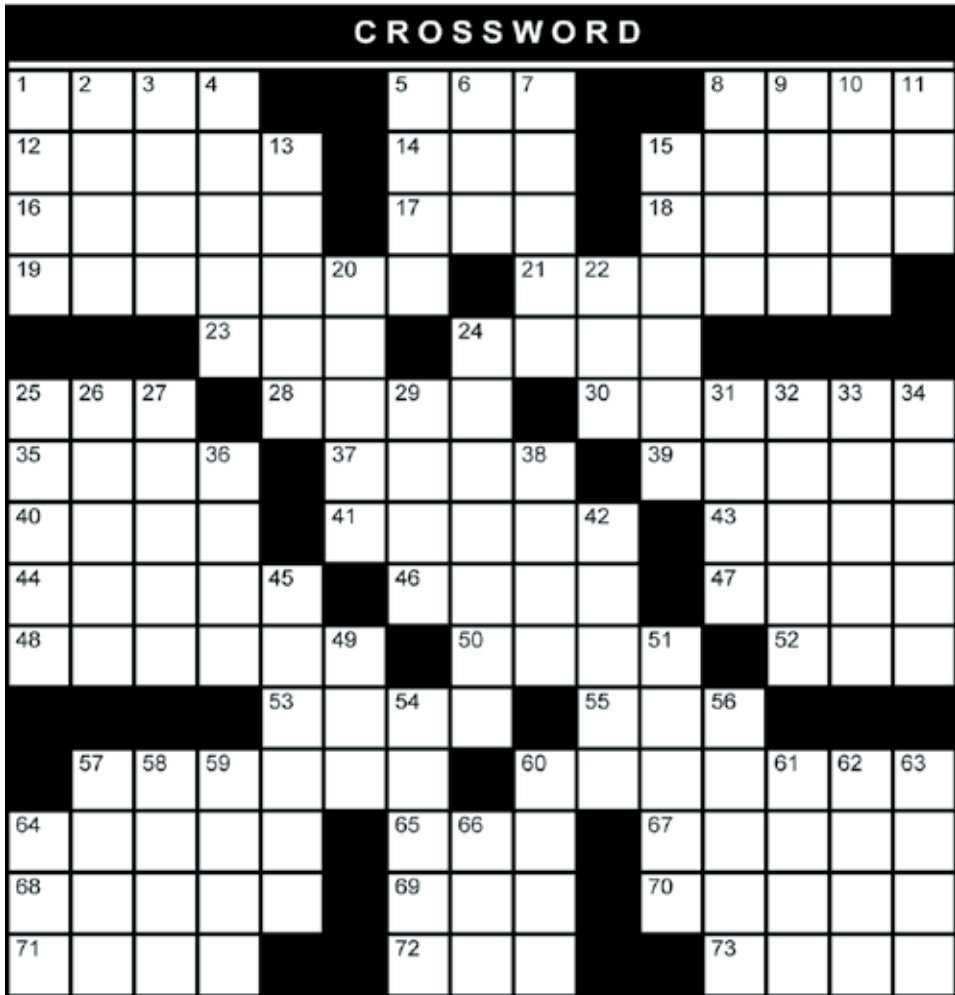
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CLUES

- ACROSS**
- Give this and they take a mile
 - 4 qts.
 - *Original one had six frigates
 - Small, olive-gray bird
 - *Given name of civil rights advocate Wells
 - Fairytale dust-sprinkler
 - Sour in taste
 - 1985 Oscar-winning Kurosawa movie
 - Small island
 - *FDR's response to Great Depression
 - *U.K., France, Russia to U.S. in WWI
 - Salt in Mexico
 - Radio station location
 - Women's undergarment
 - Bum
 - *Famous doctrine introduced in 1823 was named after him
 - *Cold War enemies, slang
 - Novelty dance of 1960s
 - Middle measurement
 - Relating to the ear
- DOWN**
- Mount _____ in Israel
 - Indian nursemaid
 - It often precedes "havoc"
 - Scat singer Fitzgerald
 - Kamarupan languages
 - Chewy stuff in "Baby Ruth"
 - Cocoyam
 - Short for Leonard
 - Italian automobile manufacturer
 - Proof of identification, pl.
 - *Fort _____, where Civil War began
 - *Cold War armed conflict locale
 - Beatle_____, 1960s frenzy
 - Ostrich-like bird
 - Liquid excretory product
 - "In the _____ days"
 - Bother persistently
 - Xe
 - Galley slave
 - Public promotions
 - Direct one's course of way
- DOWN**
- He was "Terrible"?
 - Bon Jovi hit "Have a _____ day"
 - Captain's team
 - Shepherds' flocks
 - "My _____" song
 - Dental group
 - Hawaiian veranda
 - Not yet final or absolute
 - Wheel shaft
 - Competes
 - Up to present time
 - African sorcery
 - Kind of talk shared by lovers
 - Upward
 - An escapee who's "on the _____"
 - Renaissance man's jacket
 - _____ vs. Board of Education, 1954
 - Like poodle skirt today, e.g.
 - Farewell in Paris
 - Slope or hillside
 - Indian flatbread
 - Saudi Arabian money
 - Tributary of Missouri River
 - *_____ Allen, key founder of Vermont

For Solution See Page 8

American Cancer Society Discovery Shop's 2011 Jewelry Extravaganza

2744 Marconi Avenue, Sacramento
Begins Friday, June 3, 10:00 to 6:00

Sacramento—The Sacramento Discovery Shop presents its 2011 JEWELRY EXTRAVAGANZA, beginning Friday, June 3. For sale will be antique, vintage, and contemporary necklaces, bracelets, rings and earrings, many created in 14 and 18 karat gold and sterling with fine gems. Quality costume and designer jewelry, quality women's clothing

and accessories will also be featured. The Sacramento Discovery Shop is a specialty resale store known for its selection of quality merchandise. Donations of new and gently used merchandise are accepted at 2744 Marconi Avenue, near Fulton Avenue, Monday through Friday

from 10 to 6; Saturday 10 to 5; Sunday noon to 5. Prospective volunteers are always welcome. One hundred percent of the proceeds go directly to help support American Cancer Society's commitment to research, education, advocacy and patient services. For more information, call 484-0227.

River City Chorale Spring Concerts

Enjoy a potpourri of springtime choral music, everything from a work by Franz Schubert to a song by country singer Hank Williams and a jazzy setting of a 16th century madrigal, sung by the 60 men and women of the River City Chorale.

Northminster Presbyterian Church
3235 Pope Avenue, Sacramento
Friday, May 20, 7:30 p.m.

Pleasant Grove Community Church
1730 Pleasant Grove Blvd.

Roseville
Sunday, May 22, 4:00 p.m.

Tickets for adults are \$12 if ordered in advance; \$15 at the door. Tickets for children (under age 12) are \$5. To order tickets in advance, phone 331-5810.

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Reportedly, Johnson & Johnson has been seeking medical releases from recipients so that their claims adjustors can speak with you directly and possibly take down statements without your having counsel present — an unwise action for any recipient to do.

Having a defective hip implant in your body clearly demands having your own lawyer. You must be very cautious with dealing with the manufacturer or its representative without proper legal representation.

If you have a DePuy ASR™ product, please call us immediately, as there are time limits for filing a claim. You might already have problems with the implant about which you are unaware, so please contact us — and certainly do not forfeit your legal rights without talking to us.

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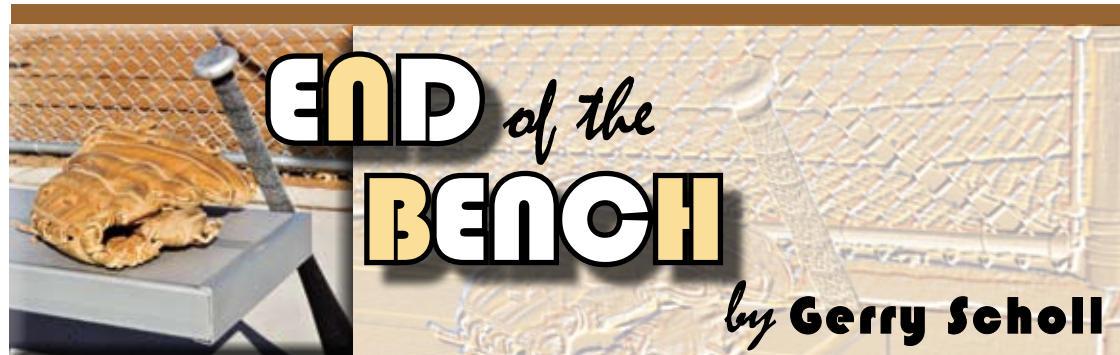
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“Say Hey”, The Greatest Ever

It's pretty hard for me to accept that Willie Mays turned 80 years of age. A childhood icon is deep into the latter stages of the life cycle. Saturday, May 6, I was feeling rather old.

I grew up with Mays as a key figure in my life every baseball season. As a little kid I couldn't contain my excitement just hearing his name on the radio. Every at-bat or every time he got on base my little body would fidget with anticipation. I knew something great was about to happen. If it didn't, there was bitter disappointment.

I was not alone. Every kid in the playground baseball games of the 60's imitated Mays' style. You tried to copy his trademark "basket catch" every chance you could and hoped each day for an opportunity to make an over-the-shoulder catch, just like Willie's famous one in the World Series. Daredevil base running was always part of the games, but Willie's powerful swing was impossible to replicate, try as you might. You just wanted to put up great numbers like Willie always did. And everybody wanted to wear No. 24.

Following Mays and the Giants was part of the daily routine for young ballplayers... constant companions. You would try to listen to every game; take your transistor radio to school so maybe you could catch the end of the day games after class, or use your earplug and hide the radio under your pillow for night games. Night road games were the best because you could hear the



whole thing on a clock-radio and play out the batting stances and action in the privacy of your bedroom or out in the backyard. You would make up your own fantasy games and lineups and play them out with a deck of baseball playing cards and keep a box score and stats and everything. In the backyard wiffle ball games and school grounds baseball games you had to be quick to call "dibs" on being Willie Mays.

There weren't nearly enough games on television back in the day, but you got to watch the Giants against the Dodgers a lot and occasionally on the Game of the Week. You got to see enough of Mays that you could picture him in your mind's eye thanks to the word pictures through the radio and the famed voices of Russ Hodges and Lon Simmons. You could hear in their voices that they certainly thought Mays was the greatest of them all.

Personally, I followed most of the great ones through the years and have

seen sons of the greats have great careers and retire. But I've never seen any player exude to complete package as Mays did.

Henry Aaron had great power numbers but wasn't nearly the defender Mays was. Roberto Clemente had the great arm, batting average and clutch hitting ability, but not the same power nor the flair as Mays. Pete Rose could hit for average and annoy the opponents all day, but lacked the power threat of Mays. Mickey Mantle had it all, but injuries and his off-field antics curtailed his production and career. Frank Robinson had it all, but just not quite to the level of Mays. Rickey Henderson, the greatest leadoff hitter and base stealer of all time, played with great joy and flair, but lacked Mays' power. Mays did everything and more, and things that no one else could do, even Barry Bonds. And he did it with an enthusiasm and flamboyance and excitement that stirred the baseball souls. Believe me, I could go on and on with this, but every player I come up with will come up just a little short somewhere.

Now, of course, I haven't seen every player ever. But all the stories or film clips of those prior to the late 50's haven't impressed me enough to think anyone moved around the field like Willie. To those readers who never had the chance to watch the Say Hey Kid play, I feel sorry for you. To those who think any other baseball player was the greatest ever... WRONG!!!



Carmichael Day at the River Cats

Join individuals, families, businesses, sports teams, schools and churches for Carmichael Community Day at the River Cats, Thursday, May 19th. The game begins at 7:05 pm. Tickets are \$15 and \$10 for parking. The Honorary Mayor of Carmichael, Pauline Gilmour, will throw out the first pitch. Carmichael's own, Susan Maxwell Skinner will sing, "Take Me Out to the Ballgame" during the 7th inning stretch. There will be a Chamber Business Mixer at the Solon Club from 5:30 - 6:30 pm. Show your support for Carmichael. Purchase your tickets today. Call the Chamber office at 916-481-1002 or 916-203-1681.

ing trail, age appropriate climbing structures, family picnic areas and more.

Carmichael Chamber Luncheon

Tue, May 24, 2011 from 11:30am - 1:00pm at Cypress Avenue Baptist Church

Guest speaker is Susan Dakuzaku of XLeration Services to discuss the Chamber's website. Learn how new features will benefit your business and your community!

Luncheon meeting is held in the Education Building and is the Chamber General Meeting & Luncheon. Raffle prizes!

Register by Thursday, May 19. \$15 Members; \$20 Guests; Members who don't pre-register will be charged the non-member price of \$20 at the door. CLICK the link at the website carmichaelchamber@sbcglobal.net to register.

Windmill Nursery Jan Park Fundraiser and 15-year Anniversary Celebration

Date: Sat, May 21 to Sun, May 22, 2011
Time: 8:30am - 7:00pm
Location: Windmill Nursery

There will be vendor and informational booths, music, food, a silent auction and raffle. 10% of all sales on May 21st and May 22nd will go to benefit the park as will all proceeds from the silent auction and raffle.

Jan Park Ground Breaking

Sat, May 21, 2011 from 10:00am - 11:00am at Jan Park

Join us as we break ground for another exciting new park in Carmichael! This new endeavor is made possible through grant funding and will feature a walk-

A Morning Trail Blaze

Saturday, June 4 from 10 am - noon at Sutter Avenue at Orangerie

Friends and neighbors of the Sutter-Jensen community will have an information event about the new trail and park plans for public access for Sutter-Jensen Community Park on Saturday, June 4 from 10 am - noon at Sutter Avenue at Orangerie. Enjoy a morning snack and coffee, meet your neighbors, blaze the trail, and check out the community garden. Parking is limited, so come on bike or foot if you can. For more info, go to Preserve Sutter Jensen, or call 916-764-1793.

Contact us for more information on the Carmichael Chamber of Commerce
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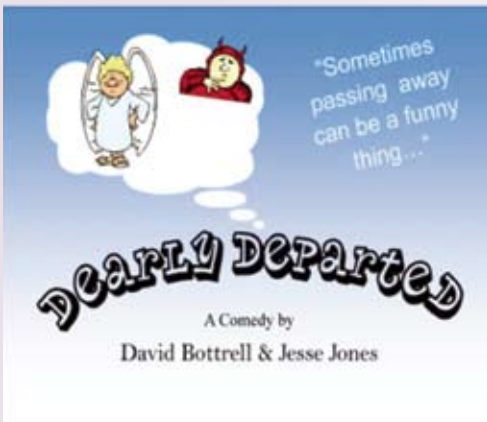
866-ESKATON | www.eskaton.org



PRESENTS

Dearly Departed

May 6 - 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.

Three Little Kittens



CHAUTAUQUA CHILDREN'S THEATRE PRESENTS

Three Little Kittens

May 14 - 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.

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

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* Limited Time Special Through May 2011

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Almondale Academy



Summer Program 2011!

Enroll for FALL by 6/1/11 & receive one month FREE tuition!

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

Enroll Now for Fall!

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

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

Almondale Academy
8616 Greenback Lane
Orangevale, CA 95662
916-988-8611
AlmondaleAcademy.net

FREE TRAVEL SHOW
Wednesday, May 25, 10am
New Trips for 2011-2012

MISSION OAKS COMMUNITY CENTER

Extended Tours

- *British Landscapes*
October 6-15, 2011 • \$3,549 pp double
- *Branson Musical Holiday*
December 1-5, 2011 • \$1,749 pp double
- *Italian Vistas*
March 12-24, 2012 • \$3949 pp double

Luxury Motorcoach

- *Alcatraz Island*
Saturday, June 18, 2011 • \$96/person
- *Picasso & Balenciaga*
Thursday, June 23, 2011 • \$90/person
DeYoung Museum • San Francisco
- *Strauss Festival of Elk Grove*
Friday, July 29, 2011 • \$65/person

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

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



Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.



Call Lenka
(916) 338-7156

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

Boot Camp Workout

Adapted for all ability levels

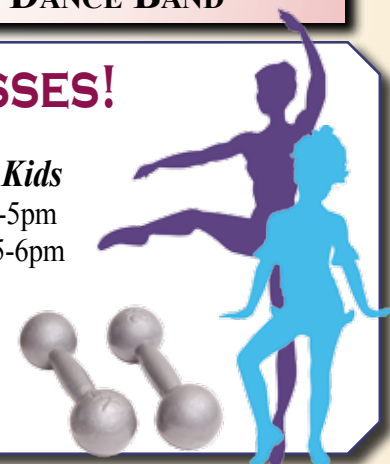
Indoor / Tuesday or Thursday
6-7 pm
Mission Oaks Community Center • \$20/month

Outdoor / Monday 6am or Wednesday 6am or 6pm
Ashton Park • \$15/month

NEW CLASSES!

Creative Dance for Kids

Mini Starz (ages 5-7) 4-5pm
Junior Starz (ages 8+) 5-6pm
Tuesdays • \$35/month
An introduction to tap, ballet, and jazz



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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

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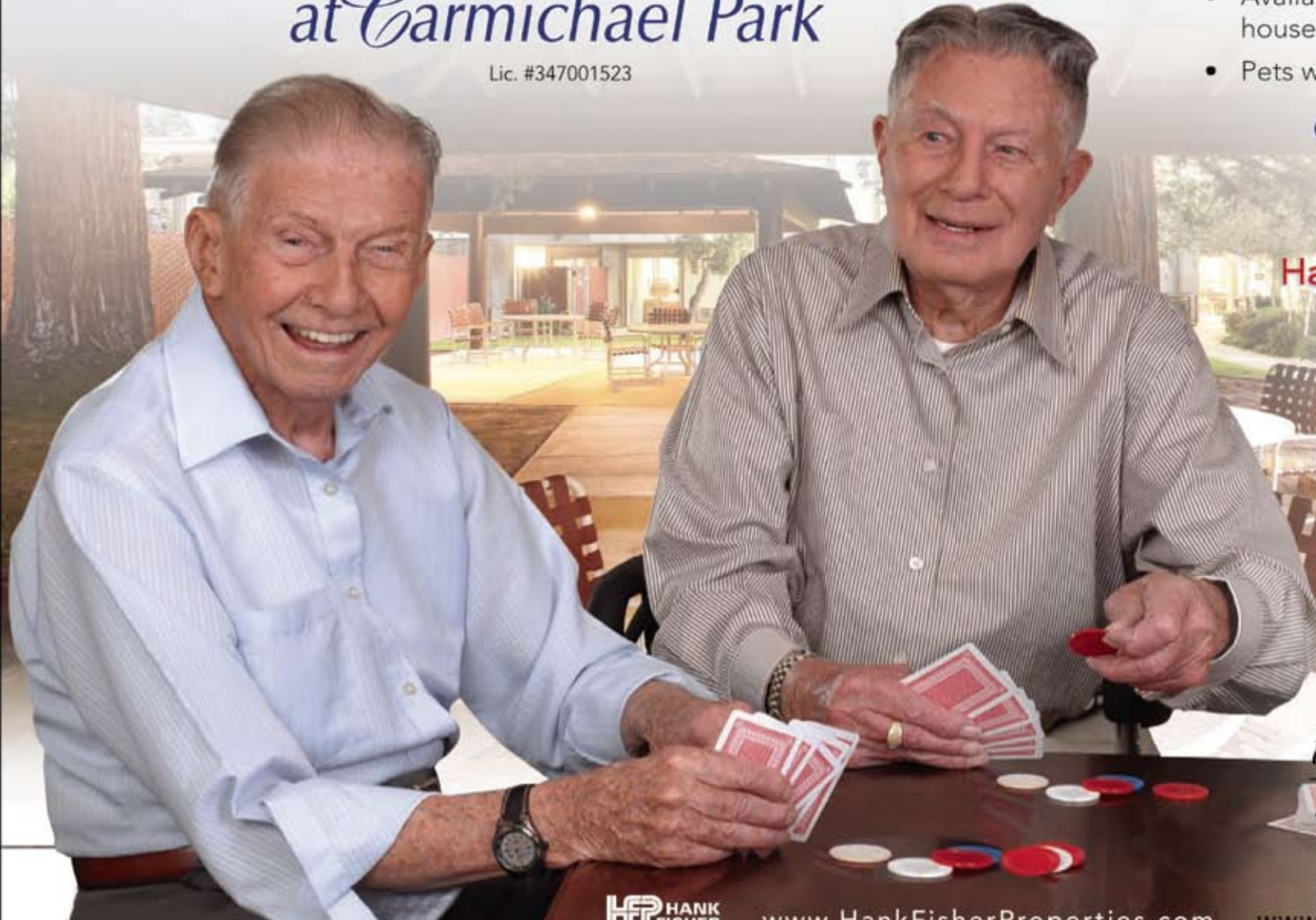
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PAID ADVERTISEMENT

World's Top Coin Collectors in Town Next Week to Purchase All Types of Coins!

By **KEN MCINTOSH**
STAFF WRITER

ICCA will be placing ads in newspapers, radio and running television spots next week asking people to bring in any old silver and gold coins made before 1965. Those that bring in their coins will be able to speak with collectors one on one and have their coins looked at by a specialist. With the help of these ICCA members, offers will be made to those that have coins made before 1965. Offers will be made based on silver or gold content and the rarity of the coins. All coins made before 1965 will be examined and purchased including gold coins, silver coins, silver dollars, all types of nickels and pennies. Those that decide to sell their coins will be paid on the spot.

If you are like a lot of people you might have a few old coins or even a coffee can full lying around. If you have ever wondered what they are worth now might be your chance to find out and even sell them if you choose. They could be worth a lot according to the International Coin Collectors Association also known as ICCA. Collectors will pay a fortune for some coins and currency for their collections. If it is rare enough, one coin could be worth over \$100,000 according to Eric Helms, coin collector and ICCA member. One ultra rare dime, an 1894S Barber, sold for a record \$1.9 million to a collector in July of 2007. While that is an extreme example, many rare and valuable coins are stashed away in dresser drawers or lock boxes around the country. The ICCA and its collector members have organized a traveling event in search of all types of coins and currency. Even common coins can be worth a significant amount due to the high price of silver and gold, says Helms. Washington quarters and Roosevelt dimes can be worth many times their face value. Recent silver markets have driven the price up on common coins made of silver. Helms explains that all half dollars, quarters and dimes made before 1965 contain 90% silver and are sought after any time silver prices rise. Right now it's a sellers market he said.

What We Buy:

COINS

Any and all coins made before 1965, rare coins, entire collections, Silver Dollars, Half Dollars, Quarters, Dimes, Half Dimes, Nickels, Three Cent Pieces, Two Cent Pieces, Cents, Large Cents, Half Cents and all others.

PAPER MONEY

All denominations made before 1934.

GOLD COINS

Including \$20, \$10, \$5, \$4, \$3, \$2.5, \$1, Private Gold, Gold Bars, etc.

INVESTMENT GOLD

Krugerands, Canadian Maple Leafs, Pandas, Gold Bars, U.S. Eagles and Buffalos, etc.

GOLD

IS TRADING AT ALL TIME HIGHS
NOW IS THE TIME TO CASH IN!

SCRAP GOLD

Broken and unused jewelry, dental gold.

JEWELRY

Diamond rings, bracelets, earrings, loose diamonds, all gem stones, etc.

PLATINUM

Anything made of platinum.

SILVER

Flatware, tea sets, goblets, jewelry, etc. and anything marked sterling.

The rarest coins these collectors are looking for include \$20, \$10, \$5 and \$2 1/2 gold coins and any coin made before 1850. These coins always bring big premiums according to the ICCA. Silver dollars are also very sought after nowadays.

Other types of items the ICCA will be purchasing during this event include U.S. currency, gold bullion, investment gold, silver bars, silver rounds, proof sets, etc. Even foreign coins are sought after and will be purchased.

Also at this event anyone can sell their gold jewelry, dental gold or anything made of gold on the spot. Gold is currently trading at over \$1,400.00 per ounce near an all time high. Bring anything you think might be gold and the collectors will examine, test and price it for free. If you decide to sell, you will be paid on the spot - it has been an unknown fact that coin dealers have always paid more for jewelry and scrap gold than other jewelers and pawn brokers.

So whether you have one coin you think might be valuable or a large collection you recently inherited, you can talk to these collectors for free. If you're lucky you may have a rarity worth thousands. Either way there is nothing to lose and it sounds like fun!

For more information on this event visit the ICCA website at

WWW.INTERNATIONALCOINCOLLECTORS.COM

FREE
ADMISSION
CONTINUES IN ROSEVILLE
EVERY DAY
NEXT TUESDAY - SATURDAY
MAY 24TH - 28TH
NEXT T-F 9AM-6PM
NEXT SAT 9AM-4PM
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SHOW INFO: (217) 787-7767

WE BUY SCRAP GOLD & GOLD JEWELRY



Here's How It Works:

- Gather items of interest from your attic, safe deposit box, garage, basement, etc. There is no limit to the amount of items you can bring
- No appointment necessary
- If interested in selling, we will consult our collector's database to see if a buyer exists. 90% of all items have offers in our database
- The offer is made on the spot on behalf of our collectors making the offer
- If you decide to accept the offer, we will pay you on the spot!
- You get 100% of the offer with no hidden fees



MILLIONS SPENT!

1 000 NATIONAL EVENTS!



1893 Morgan
PAID \$1,800



1916 Mercury Dime
PAID \$2,800



1849 Gold Dollar
PAID \$8,500



1932 Washington Quarter
PAID \$250



1803 \$10 Gold
PAID \$14,000

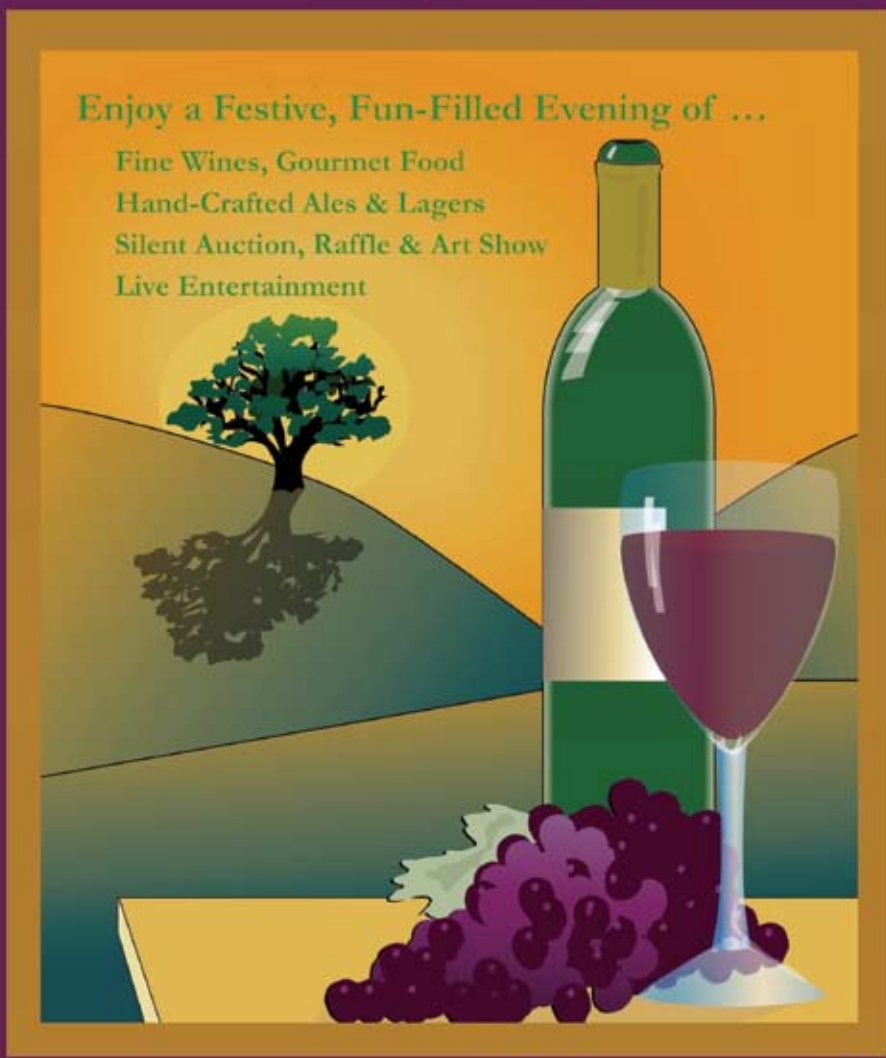
Reagor Open House

Now under new ownership, Reagor Pet Hospital, 2513 Walnut Ave., invites you to celebrate its grand opening at an Open House on Sunday, May 22, from 11am to 2pm. New owner, Dr. Laura Hart, and her entire staff will be on hand to give tours of the hospital and answer any questions you may have. Food and drinks will be served. And there will be a bounce house for the kids so bring the entire family. For additional information call 971-1551.

18th Annual

a Taste of Fair Oaks

Presented by the Fair Oaks Chamber of Commerce



Enjoy a Festive, Fun-Filled Evening of ...

- Fine Wines, Gourmet Food
- Hand-Crafted Ales & Lagers
- Silent Auction, Raffle & Art Show
- Live Entertainment

June 3, 2011

North Ridge Country Club

6pm ~ 10pm

Pre-Event Tickets: \$35

Tickets at the Door: \$40

7600 Madison Avenue

Fair Oaks, CA

For Advance Tickets & Additional Information:
Call (916) 967-2903 or Visit www.fairoakschamber.com

Must be 21 or over to attend.

Beverly's Yards of Fabric

13th Annual

Quilt Show

Friday May 13th - Saturday May 21st, 2011

Hundreds of Quilts on Display
Demonstrations Saturdays 11-4
& Sunday 12-1

Cast a vote
for your favorite
quilts



Happily accepting donations for the Bev's Angel Project. Jan Strickland heads this wonderful group which benefits so many local needy families & organizations. Bev's Angels began right here at Beverly's in Carmichael.

6456 Fair Oaks Blvd. at Marconi
Carmichael 916-486-8374

Store Hours Monday-Friday 9:30-7
Saturdays 9:30-6 & Sunday 12-5

Bring your friends & family to join in the fun at our 13th annual Quilt Show!

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- Enchanted Forest with Exotic Creatures
- See Our New Privacy Lounge for Moms & Babies



DEMOLITION DERBY • SAT. MAY 28
6:00 pm, Cal Expo Arena, Ticket required for admission.



MUSIC AND SHOWS!

- Hypnotist Tyzen
- Matt Baker, Comedy Stunt Show
- Verizon Wireless Stage: Mother Mayhem, Tribute to Taylor Swift, Maxx Cabello, Tess & Hip Trash



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