

Carmichael Times



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Serving Carmichael and Sacramento County since 1981

April 20, 2011

Brotherhood of Bandits



Left to right: Glenn Thomas, Dave Ricketts, Dave Young, Mike Helm, George Lenzi, John Garlock, Jerry Valerio, Joe Baez, Lester Judson. Gene Edgeman is sitting on the bench. Photograph courtesy of Jule Parker.

"I would never join a club that would allow me as a member." Groucho Marx

By Julie Parker
Sacramento Region - Even Groucho would've joined the Bandits, a brotherhood of golfing retirees first formed in the mid-1960's, when signing up for tee time was quite a chore. "Back then, you could call in Monday morning or stand in line at the golf course," says Mike Helm, retired Engineer with the U.S. Army Corps of Engineers. "They would take a phone call, then see two people in line, then a phone call, then two people in line. It was impossible. The Bandits were formed so we could work as a group taking turns each week standing in line." Retired train dispatcher Gene Edgeman is the "elder statesman" of the group, having joined in 1970. "What guys used to do was leave markers to save their place in line - a stick, stone or a hat - and go out in the car and sleep. A couple of guys got tired of it, and so one morning they kicked all of that stuff out of place. When the golfers came in from their car and saw their markers had been moved, they just blew

up. The guys in line said, "I don't know what to tell you, some guys just kicked them off to the side," Edgeman laughs. New members are recruited from golfers playing as singles. "I retired in 1994, started playing out here by myself. They sucked me in. You know, kind of like gravity," jokes Helm. The diversity in occupations is what makes the Bandits unique, such as doctors, police officers and educators. "No lawyers, though," says Helm. "Maybe that's a good thing." "In the summertime," says Edgeman, "we'd have big barbecues, and in the winters, we'd have dinner at The Golden Tee, which doesn't exist anymore. It used to be on Marconi and Fair Oaks Boulevard." Frank Maron, one of the original Bandits, had flown P38's during World War II, fighter jets in Korea, and cargo ships in Vietnam. When Bruce Weigand passed away, a few years after Maron, the Bandits planted a tulip tree on the golf

course in his honor at No. 5, near Par 3. They continued this type of memorial tribute for the subsequent 10 or 12 Bandits, except the type of trees were changed to California Oaks and Monterey Pines, due to the county's native tree requirement. They are scattered throughout the course. "We couldn't label them, because it would be hard for the maintenance people to keep them up," says Helm. A few years ago, the Bandits purchased a memorial bench to display name markers of all those who have passed on, which is located at the western putting green. George Lenzi, a retired grocery store manager, has been a Bandit for almost 19 years. "It's nice to have a starting time three days a week, even though Gene and I get most of them. I started the year I retired in 1992, recruited by Dave Bonacci, who died three or four months ago. He was 93." The membership fee is \$30.00, which includes two lunches, and each member receives a red golf hat with the Bandits logo. "Regardless

of the \$30," says Lenzi, "I feel that it's kind of like a poor man's country club. You play with guys you know. To me, that's worth the \$30, even if you didn't get the lunch." The games involve each golfer contributing \$3.00 for the pot, and there is a 25 cent payout for great plays on nasties, sandy pars, etc. Just to play in a different location, the Bandits used to play in Monterey and Reno. "The golf fees got a little expensive in Reno, so we moved over to Carson City," says Lenzi. "I don't go anymore. A lot of the wives went along. We spent two nights, playing three rounds of golf, and had a banquet dinner the last night we were there. There are nine courses in Carson City, and we'd play at different ones." "I really enjoy it," says John Garlock. "It's a good set-up. You can play or not play. That's what's really handy. You don't have to sign up in advance. You just show up. There are good players and bad players, and we all get along good." Continued on Page 12, Time Bandits

Annual Easter Egg Hunt Comes to Carmichael Park

Carmichael - On Saturday, April 23rd, hop on over for a HUGE egg hunt, pancake breakfast, fun crafts and a surprise guest! The egg hunt (rain or shine) will begin SHARPLY at 10 am. Please arrive at least 30 minutes early so you don't miss this EGG-CELLENT event! Everyone should be sure to bring their own Easter basket. Groups are divided by age: 2 & under, 3-4 years, 5-6 years, and 7-8 years of age and will be located at different areas throughout the park. All age groups depart at the same time. The Pancake Breakfast will be held from 7-11am in the Community Center. The cost for the breakfast are: Adults \$5, and Children ages 12 and under, \$3. The Carmichael Recreation and Park District, along with the Kiwanis Club of Carmichael are sponsoring the two activities at Carmichael Park, 5750 Grant Avenue. For more information, call the Carmichael Recreation and Park District at 485-5322 or visit CarmichaelPark.com.



County Supervisor Susan Peters will be holding her second "Office Hours" at Carmichael Park during the community's annual egg hunt and pancake breakfast. The annual program provides a casual venue for residents to meet with her to talk about issues as opposed to making an appointment downtown at the County Administration Center. Peters will set up a table near the egg hunt between 9:30 to 11 a.m. for residents who wish to drop by and discuss with her items of interest. No appointment is necessary with visits to be handled on a "first come basis." "Carmichael's annual egg hunt and pancake breakfast is a great community event," says Peters. "Establishing 'Office Hours' provides the opportunity to mix business with pleasure. I'll be available to talk about county matters while people can enjoy a tasty breakfast or watch the children search for eggs.

Sac Metro Fire Announces New Chief



Kurt Henke, new Sacramento Metropolitan Fire Chief
Sacramento Region - Sacramento Metropolitan Fire District's Board of Director's are pleased to announce the appointment of Kurt Henke to the position of Fire Chief, replacing

William B. Sponable after his April 1, 2011 retirement. Chief Henke was hired as the Deputy Chief of Operations for Metro Fire on October 1, 2009. His professional career began in 1984 as a Firefighter/EMT with the Department of the Navy, Skaggs Island Fire Department. Chief Henke moved on in 1985 to become a full-time Firefighter with the City of Vallejo Fire Department. From there he promoted to Captain in 1992, where he was assigned to the Training and Suppression divisions and was appointed as the Director of Training in 1996. Chief Henke was promoted to Assistant Fire Chief in 1998, in the capacity of Manager to both the Suppression and Fire Prevention divisions; a position he held until he left to become a part of the Metro family.



11 Local Companies Honored at United Way Kings Game Event

Sacramento - United Way California Capital Region honored 11 companies from across the region for their outstanding philanthropy to local nonprofits. The companies were honored at a private awards ceremony followed by a Sacramento Kings basketball game on March 29. "The greater Sacramento region is filled with some of the most generous

people I have ever known," said Steve Heath, president and CEO, United Way California Capital Region. "It was an honor to express our gratitude to some of our community's top companies for their generosity to people in need - and that giving spirit is found from the top executives down through all of their employees." Companies honored included

Nordstrom, Intel Corporation, Allied/Nationwide, Proctor & Gamble, Dr. Pepper Snapple Group, Comcast, SMUD, AT&T, Costco Roseville, NAPA Auto Parts and Greenheck Fan Company. United Way California Capital Region is the region's leading provider of innovative solutions on the community's most pressing issues, including high school graduation rates, household financial stability and obesity. For more information, visit www.yourlocalunitedway.org.

Employees from 11 companies across the region are photographed with United Way staff and volunteers on the Sacramento Kings basketball court after being honored for their philanthropy. Photograph courtesy of Kristin Thébaud Communications.



By Pastor Cary Duckett

Easter is just around the corner and a favorite tradition for many is the Easter egg hunt. You know how it works...children are gathered together while parents and grandparents hide Easter eggs in the yard. Once the eggs are hidden the children are released like hounds on the hunt. The event is filled with laughter and clapping and the occasional finger-pointing instruction of "Let your brother find that one." Some eggs are "hidden"

Easter Eggs and God

out in the open so young ones can easily find them, most are hidden in challenging places so children have to actually "hunt" for an egg, and usually there are a couple of eggs hidden in difficult places bringing the finder a special prize.

Never have I seen or heard of a parent hiding an egg in a dangerous place...like in the middle of a busy street or close to a dog that bites. Nor have I ever seen parents intentionally hide eggs so they could not be found. You see, the eggs are not hidden from the children they are hidden for the children. Every parent wants the eggs found (especially the non-plastic ones).

Believe it or not, discovering God in life is like an Easter egg hunt. Our Heavenly Father wants to be found. Just as a parent "hides" an egg, God

hides Himself in the events and circumstances of life. At times, He is easy to find; and sometimes, we have to look a little harder. Yes, it's true... God is hard to find sometimes; but He is not hiding from you...He is hiding for you. Jesus said it this way: "... seek and you will find..." (Matthew 7:7). "Seek" does not mean "discover by chance." Seek implies one is on the hunt for God, desiring to discover Him, thirsting to taste Him, and bent on finding His heart because the prize is worth the effort. Life will happen today...what are you looking for?

You are invited to come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday. To learn more about Cypress go to www.cypressavenue.org.

Lungren: 112th Congress Achievements

From the Office of Congressman Dan Lungren

The 112th Congress has gotten off to one of the fastest, most decisive and effective starts of any Congress in memory.

Responding to the mandates and message of the Nov. 2, 2010 election, the majority party has made amazing strides using a one-two-three approach during its first 100 days: focusing on a sound fiscal future by executing the largest non-defense spending cuts in American history; removing regulatory shackles that restrict job growth; identifying and dealing with threats to our national security.

Leading the way right out of the block was Congressman Dan Lungren (R-Gold River, CA), who set the anti-spending tone on the second day in session when he managed the bill to cut 5 percent from Congressional spending accounts, House Leadership offices, Committees and House Operations.

"The best way to lead with spending cuts is to start with ourselves," he said on Jan. 6, 2011.

But Congressman Lungren was just warming up. While he and colleagues were preparing legislation for spending cuts, he was also working to rid the economy of obstacles to job creation and growth.

On Jan. 10 he introduced H.R. 4, a bill to repeal some onerous paperwork mandates that had been slipped in to the 2010 Patient Protection and Affordable Care Act passed by 111th Congress. Lungren had identified language within section 9006 of the health care bill that would force all businesses, large and small, to issue 1099 forms for transactions of \$600 or more. He knew that fulfilling that busy work rule would cripple many small businesses and hamper the economic recovery.

Though he was the only supporter of the bill when he first introduced it in the 111th Congress, things had changed profoundly. The peoples' mandates of November 2010 were now the mandates of an emboldened 112th Congress. As dozens signed on to the bill, Lungren mused on the change in fortunes. "I knew this had grass roots support from hosting sessions with businesses and chamber groups in our Third District. It's gratifying to see the support now." Within a week H.R. 4 had 263 colleagues sign on, including 12 Democrats.



Congressman Dan Lungren

Just a few weeks into the new Congress Lungren and colleagues made good on an election promise to vote to repeal President Obama's health care reforms. Though that legislation did not win approval in the Senate, Lungren took solace in the fact that President Obama made positive reference to his H.R. 4 bill during his State of the Union message. He was optimistic his bill could at least repeal one of the most punishing aspects of the health care bill, and he was right.

H.R. 4 passed the House in March by a vote of 314-112. In April his bill passed in the Senate 87-12. President Obama signed H.R. 4 into law on April 14.

"Placement of this tax provision into the government-run health care law was ill advised," Lungren said. "This provision demonstrated that the bill's authors did not consider the job creators of America and those who lay awake at night trying to figure out how to make payroll."

The remainder of January and the arrival of February and March were met with unyielding focus on more cost-cutting, national security and removing regulatory obstacles to economic recovery.

After responding to the tragic murders and shootings of Rep. Gabrielle Giffords and others in Tucson on Jan. 8, Lungren, Chairman of the House Administration Committee, worked to shore up security for fellow Members. Back on the cost-cutting mission, he sacked a composting program begun by Democrats in the House that didn't produce the advertised savings and, in fact, was costing half a million dollars to operate.

The security-minded Lungren introduced a bill Jan. 26 to make it a federal crime to point lasers at aircraft. The next day he was named Chairman of the Homeland Security Sub-Committee for Cybersecurity, Infrastructure Protection,

and Security Technologies. His experience and work on the Judiciary and Homeland Security came in handy as part of the panel that examined the "Extent of Radicalization in American Muslim Community" in March.

Just as Lungren spoke out against an onerous IRS mandate and achieved repeal with H.R. 4, he is ready to wage a fight against H.R. 1161, which could have a devastating effect on California wineries by restricting their ability to make interstate direct-to-consumer sales. Lungren will be in a key position to do that now since he joined Rep. Mike Thompson's (D-CA) as Co-Chair of the Congressional Wine Caucus. He's already organized listening sessions with vintners and grape growers who operate the 100 wineries in his district, and more are planned.

Other clear signs of Lungren's work to defeat unwarranted regulation and create jobs include his bill to keep tax schemes out of internet commerce, and the recognition he received from the National Association of Manufacturers, who honored him for his pro-manufacturing voting record.

Lungren was a steady hand and confidant to House Leadership during the Continuing Resolution and Budget negotiations earlier this month. In addition to all of his other duties he was busy behind the scenes drafting a plan in the event that the government would have had to shut down. As Chairman of the House Administration Committee it was his job to offer guidance and policy for an orderly shut down, a shut status and the eventual start-up. Though no such plan was needed on this occasion, the Lungren plan now exists.

Just this week Lungren stood with his majority in passing Rep. Paul Ryan's Budget Bill, which calls for steady spending cuts and reforms over the next decade that will begin to reverse our foreign indebtedness and bring economic sanity and sustainability to the country. It is not an easy or painless path, but it is the responsible thing to do - especially in the face of the news that Standard and Poor's adjusted its long-term outlook on U.S. Debt to "negative."

"My constituents understand that we cannot continue to spend money that we do not have," said Lungren. "I have an obligation to my family, my constituents and the country to do what I can to help put America on a sustained path to prosperity."

EASTER WORSHIP SERVICES APRIL 24TH

Worship & Sunday School are at both 9:00 & 10:30 am

We provide childcare & children's activities for both 9:00 & 10:30 am services

Sermon Series: **Real Prayers for Real Life**

Easter Sermon: **Psalm 51: A Prayer When You're Guilty**

Cypress Avenue Baptist Church
5709 Cypress Ave. Carmichael, CA 95608 www.cypressavenue.org

MPG Wishes Everyone a Happy Easter

Easter At Northminster
April 24th, 2011

MAUNDY THURSDAY April 21st 6:30 PM
Participate in a seder meal and small group communion service to commemorate and celebrate the Last Supper. Join us in a time of fellowship and reflection. Our chancel and handbell choirs will provide music.

GOOD FRIDAY April 22nd 7:00 PM
In our Good Friday service we remember the sacrifice of Jesus on the cross through candles, darkness, and music. We invite you to join us for our *Tenebrae* service.

EASTER SUNDAY April 24th

Early Son-Rise Service 7:00 AM
Hear our youth praise band at this very inspirational service.

Traditional Service 9:55 AM
Come celebrate this glorious Resurrection Day with us. Our orchestra and chancel and handbell choirs will lead us in joyous, inspirational praise and traditional music.

Northminster Presbyterian Church
3235 Pope Avenue (between Watt and Fulton)
Jack Raymore, Pastor
(916) 487-5192

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The most authentic Mexican food you can find

Tues & Thurs - \$3 Margaritas 3-6 pm
Wed & Sun - \$6 Pitchers of Beer 3-6 pm

Easter Breakfast Special
April 24th ♦ 9:00-2:00

5804 Marconi Ave., Carmichael, CA 95608
(Marconi & Fair Oaks Blvd.)

916-487-7742
Call ahead to place your order!

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

Publisher, Paul V. Scholl

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We are proud members of these newspaper associations.

Easter Rabbits are Not Impulse Decisions



Sacramento Region – It's the time of the year again when spring has sprung, the weather is warmer, and many children's thoughts turn to the Easter Bunny. With Easter just around the corner, the Animal Shelter wants to make sure that rabbits adopted or purchased don't end up returning to the shelter after the holiday.

"We do have rabbits available at the shelter that would make fantastic pets for the right family, and we are always pleased when we can find them permanent homes," said Dave Dickinson, Interim Shelter Director. "We just want to make sure all rabbits adoptions around the Easter holiday are permanent adoptions." The shelter receives from 50 to 100 rabbits a year, and works with local rabbit rescue groups to make

sure they are adopted. Rabbits can be great pets for certain families, but like all pets, have specific requirements for care and feeding and are a long term commitment. If you are interested in learning more about whether a bunny is a good pet for you, visit <http://www.saccountyshelter.net> or www.team-fur.org for more information about rabbit maintenance and care.

SPCA Golf Tournament

Hank Fisher Properties Presents the 2nd Annual Sacramento SPCA PAWS, PALS & PUTTS Golf Tournament



Sacramento Region – Join the Sacramento SPCA for its 2nd Annual Paws, Pals and Putts Golf Tournament on Monday, May 9 at Del Paso County Club. Proceeds from the tournament, which is presented by Hank Fisher Properties, will benefit the Sacramento

SPCA's Senior Services program providing services to ensure the continued relationship between Sacramento area seniors and their pets.

Don't miss this unique opportunity to spend a day golfing on one of the oldest and most renowned golf courses in Sacramento. The Club's 18-hole park-style golf course challenges amateurs and professionals alike. The beautifully renovated golf course features five sets of tees offering a challenge to players of all levels.

Paws, Pals & Putts will feature an 18-hole golf scramble, lunch, awards

dinner and live auction. The day will also feature an exciting Helicopter Ball Drop. Purchase a ball (or two) and be entered into the exciting Ball Drop drawing—with a guaranteed winner.

Paws, Pals & Putts tournament fees are \$250 per player including lunch and dinner, or \$50 per non-golfing guest for dinner and evening program.

For more information, to sponsor, to purchase tickets, or to enter the Helicopter Ball Drop: Visit www.sspca.org or call (916) 504-2802 today.

Sacramento Metro Fire Board Seeks to Fill Vacancy

Sacramento Region - The Sacramento Metropolitan Fire District is accepting applications to fill a vacant position of Director for Division 5 on its nine-member Board of Directors. The selected applicant will serve the remainder of a four-year term expiring the first week of December, 2012.

Applicants must be a registered voter, residing within the jurisdictional boundaries of the Sacramento Metropolitan Fire District. While all interested applicants within the District will be considered, preference will be given to applicants from

Division 5. The approximate boundaries for Division 5 are Madison Avenue on the north, Manzanita Avenue and Fair Oaks Boulevard to Arden Way on the west, the American River on the south, and the City of Folsom boundary on the east.

Interested persons may apply for the position by submitting the Board of Directors District Employment Application and a letter of interest to Board Clerk Charlotte Tilson, Sacramento Metropolitan Fire District, 2101 Hurley Way, Sacramento, California 95825.

Application must be received by noon, May 9, 2011.

A Special Board of Directors meeting will be held on Monday, May 16, 2011 at 6:00 p.m. in the District Administration Board Room for the purpose of interviewing qualified candidates.

Additional information may be obtained by contacting Charlotte Tilson, Clerk of the Board, at 859-4305 or visiting the District website at www.sacmetrofire.ca.gov for the Board of Directors District Employment Application form and division map.



Dr. Bob Graykowski



Carpal tunnel syndrome (CTS) gets a lot of press as being the primary culprit behind wrist pain. But there are a number of other diseases, harmful habits, spinal conditions and syndromes that can masquerade as CTS.

As a sports injury specialist, I focus on prevention and know how vital it is to accurately uncover the true source of patients' wrist pain.

Wrist Structure

The wrist consists of eight carpal bones arranged in two horizontal rows. A network of ligaments lashes the two rows of wrist bones together.

Who's at Risk?

Although wrist disorders may strike anyone, certain activities increase risk. Specifically, any sustained, repetitive movement stresses the wrist. Common instigators include assembly work, cashiering, playing video games and keyboarding on a computer. Any job that requires employees to continually grip with their hands, such as painters

Is It Really CTS?

Overuse of the wrist may result in carpal tunnel syndrome: inflammation of the "tunnel" between the ligament that extends across the top of the carpal bones and the bones themselves (and the subsequent entrapment of structures in the tunnel, including nerves). Symptoms of this painful and debilitating condition include numbness, burning tingling and loss of strength.

While CTS is a major health concern, it is not always the cause of wrist pain. There is a glut of CTS

imposters. That's why it's important for all individuals with wrist problems to have a complete chiropractic evaluation.

The Spinal Link to Wrist Pain

Research reveals that symptoms from problems in the spine of the neck (cervical spine) may be "confused clinically with carpal tunnel syndrome."

Most people are unaware that the spine has a direct link to wrist health. When spinal bones (vertebrae) become misaligned or restricted, the result is a condition known as vertebral subluxation. The outcome is linked to a variety of wrist conditions. Chiropractors correct vertebral subluxations with safe and gentle maneuvers called chiropractic adjustments.

The median nerve controls the thumb, index and parts of the middle and ring fingers. It extends from the fingers through the two rows of wrist (carpal) bones. From there the nerve travels past the elbow, up the arm, through the shoulder, up the neck and finally to the spinal cord. And that's when things can get a bit dicey. The median nerve connects to the spinal cord through openings between vertebrae in the neck (cervical spine). Then movement is restricted in these cervical vertebrae, the result is tingling, numbness, and pain in the fingers and wrist.

Maintaining optimal spinal health, which includes regular chiropractic visits, is the key to wrist wellness. Chiropractic adjustments realign cervical vertebrae and free the median nerve to do its job without interference.

We may further suggest rehabilitative exercises and discuss ways to minimize future on-the-job wrist injury (such as taking sufficient rest breaks).

Thoracic Outlet Syndrome

Known as TOS, symptoms of the affliction also mimic CTS. TOS involves the "compression of the neurovascular structures in the

region between the scalene muscles and the first rib or by anatomical abnormalities, such as cervical rib, fibrous bands and other variations."

Double Crush

According to one scientific study, "Lower cervical spine disease sometimes occurs concomitantly with entrapment of the ulnar nerve at the wrist. This condition, termed the 'double crush injury,' may produce ulnar nerve symptoms that are referred proximally into the upper arm, shoulder, neck and chest wall. In such cases, both the cervical spine and the wrist must be treated."

Diseases and Harmful Habits

Nerve entrapment and symptoms associated with CTS can also be brought on by diabetes, smoking, alcohol consumption, rheumatoid arthritis and hypothyroidism; although these disorders typically produce simultaneous symptoms in both arms, not just one.

One Last Word on Prevention

At Chiropractic USA our main focus is to correct the problem and do everything possible to avoid a permanent surgery. Make an appointment today with your doctor of chiropractic and discuss ways to adjust your work and postural habits to minimize wrist and neck pain. Don't wait for pain to signal it's time for another visit! 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

Monthly Workshops

May 10: Family Fitness Made Fun
Please call for a reservation. Support is encouraged...Bring a friend or family member!
Workshop is at 6:00 - 7:00pm.
Advanced Workshops are 6:00 - 7:30.
Reservations can be phoned at 916-973-1661 or faxed to 916-973-8273

American River College Respiratory Care Club Presents 4th Annual "Walk-To-Inspire"

Join our club in this community service event at AMERICAN RIVER COLLEGE, BEAVER STADIUM, Saturday, April 30th at 9:00am.

This is our fourth year hosting this event, and a portion of the proceeds will go to support the American Lung Association and the work they do to

keep our air clean, fight lung disease and educate our children to manage their asthma and to be tobacco free.

This event promotes health awareness, a chance for potential students to explore college life in a relaxed environment and a fun, family oriented activity.

We will have many vendors, food, games and face painting, demonstrations from safety personnel, a raffle for participants and much more.

Adult registration \$10
Students with I.D. \$5
5 and under FREE
Parking is FREE

American River Community Church

Wonder-Land Christian Pre-School and Day Care

3300 Walnut Avenue, Carmichael
916-483-3465 www.arceonline.org

Good Friday

Dramatic Meditations on the Cross
April 22nd at 7:00 pm

Easter Sunday

April 24th,
9:30am - Casual
11:00am - Traditional

"Creating radiant health in our community since 1985"

This \$250 value is yours for only \$40 if you mention this ad
Each additional family member only \$20
Offer Expires Friday

Gift of Life Wellness Check-up

Consultation, Complete Spinal Examination and X-rays (if needed)

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POPOFF!

with Mary Jane Popp

depression, chemical and alcohol abuse, etc.

This is not about doom and gloom. But, we cannot sit and wait for someone to come to our door and make it all better. We have to take the initiative. Fortunately, there are a lot of positive things people can do to take charge in reducing stress in the workplace and the home.

STRESS TO THE MAX

Stress over the economy. Stress in the workplace. And don't forget, stress is on the way for the holidays too!!! You may land up in your doctor's office with a myriad of physical problems that are very real and very dangerous. That from **Dr. Felicia Stoler** who has published numerous articles on nutrition, exercise, and health and wellness from the New York Times to Prevention. Felicia is also the host of TLC's ground breaking reality series "Honey, we're killing the kids!" She has been monitoring the stress factor for some time now, and as unemployment and home loss increases, the health problems are going up too. Why? Mental stress is known to increase cholesterol levels and risk of heart disease, and it also linked to numerous other health and psychological problems including eating and sleeping disorders,

- 1) **Remembering that you are not alone.** Stress generators take on many forms and bombard us every day. The state of the economy and how it has impacted the national workforce is something beyond our control. Deal with it by insisting to remain as positive as possible. There is a strong relationship between depression and heart disease.
- 2) **Be creative in the workplace.** Be innovative and suggestive in creating a fun and rewarding workplace. This not only can help reduce stress, but it can be motivating as well and stimulate increased productivity. Your creativity can also get you noticed by those above you, and be a powerful re-enforcement of your value to the company.
- 3) **Schedule time for yourself.** Fewer people are doing more work these days. There is only a limited amount of time in a day and increased work can rapidly lead to burnout.

While planning "family time" to help keep the household together, don't forget time for yourself too. Include exercise, hobbies, and other activities that you now feel there is not enough time for.

4) **Choose "functional foods" that can help reduce heart risk factors.** There are many from breads and cheeses to orange juice, cereals, made with plant steroids (also called phytoosterols). Just 0.4 grams of plant sterols twice daily, as part of a diet low in saturated fat and cholesterol, may reduce your risk of heart disease. To make sure you are getting an optimal amount of cholesterol-lowering plant sterols, look for the CoroWise logo on the label and the amount of plant sterols per serving on the package information.

Don't become a victim, says Dr. Stoler. Don't forget to exercise in favor of being a couch potato. Being sick can lead to depression, which can reinforce bad eating habits. Prevention is the key. Want more info? Check out www.feliciastoler.com. Stay well and happy too !!! Get together with friends and family. Have a super Bunny Day!!!

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



Carmichael Recreation and Park District is announcing these upcoming events

Easter Egg Hunt and Pancake Breakfast

Saturday, April 23 at 10 A.M.

Please arrive 30 minutes early!

Carmichael Park, 5750 Grant Avenue

Bring Your Own Basket! Ages 2-8 years old!

Join us for fun in the park! It's Free!

Pancake Breakfast 7-11am

Includes:

Pancakes, fruit, sausage, coffee and orange juice.

Adults - \$5 • Children 12 & under- \$3

Call 485-5322 for information or visit us at www.carmichaelpark.com

*This is not a program of the San Juan Unified School District and San Juan accepts no liability or responsibility for this program.

Day of Peace Event

Saturday, May 14 from 10-5pm,

all ages welcome

Carmichael Park, 5750 Grant Avenue in Carmichael

Sponsored by Carmichael Recreation & Park District and Saha Wellness Center of Carmichael

Make every day a day of peace with a Health Body, Quiet Mind and Peaceful Heart – learn more about the benefits of inspired medicine while enjoying the following:

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JFK & PT 109 – A Historical Eyewitness Account

Presented by Ted Robinson, LCDR USNR Retired

Saturday, May 14 from 1-3pm

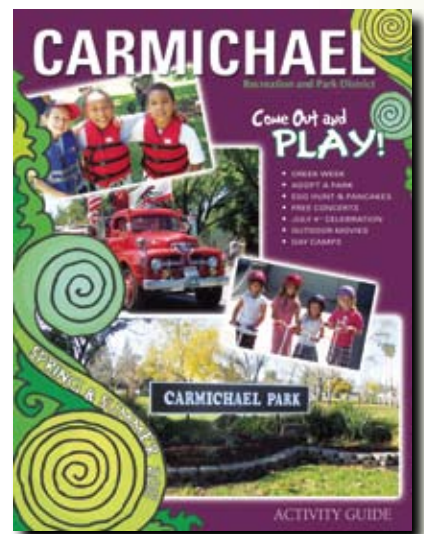
Carmichael Park Vets Hall, 5750 Grant Avenue. FREE for Everyone

Join us for an insightful and riveting recollection of how retired LCDR Ted Robinson rescued John F. Kennedy from a near fatal PT-109 incident during WWII. The author of *Water In My Veins* recounts a story of gunfire, struggle and triumph that will keep listeners on the edge of their seat.

Call 485-5322 for more information or visit us online at www.carmichaelpark.com

Just In!

Spring & Summer Activity Guide 2011



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

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TUC	TUC	TUC				TUC
APR 24	APR 25	APR 26	APR 27	APR 28	APR 29	APR 30

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Riley Reviews

ALL FIZZLE, NO SIZZLE FOR "ARTHUR" COMEDIC REMAKE

fell to John Gielgud, who performed the role of Hobson so admirably that he won an Oscar.

As good as Helen Mirren invariably is, even in this film, there won't be any Oscar talk associated with the new "Arthur." For one thing, the characters are pretty much what we expect them to be. The fun-loving Arthur spends every day in the heedless pursuit of amusement. Our first glimpse of Arthur is to see him dressed as Batman, while his faithful chauffeur Bitterman (Luis Guzman) plays the part of Robin, as the dynamic duo head off into the night in the actual Batmobile. Untold riches have allowed Arthur to amass a collection of well-known cinematic vehicles, including the General Lee and Scooby-Doo's van.

Arthur's antics draw unwanted notice by the NYPD, and once again a brush with the law proves too embarrassing for Arthur's stern mother (Geraldine James). As a result, she issues an ultimatum that Arthur must marry the beautiful but decidedly unlovable Susan Johnson (Jennifer Garner), an ambitious corporate executive who wants to rise above her station in high society. Failure to follow through on the matrimonial plans would require Arthur to forfeit his billion-dollar inheritance and all the playthings that go with the only way of life he knows.

The trouble, of course, is that the free-spirited Arthur has just fallen for Naomi (Greta Gerwig), a working-class girl from Queens who conducts unauthorized guided tours of Grand Central Station for a living. At first, Naomi has no idea that Arthur is a man of considerable wealth; she's fascinated by his spirit of idealism

and spontaneity as well as his complete lack of artifice. Since Arthur is prone to indulging every conceivable juvenile whim, it's almost a wonder that he manages to charm the very pleasant and genuine proletarian girl with his silly indulgences.

Faced with his controlling mother's ultimatum, Arthur eventually has to cope with the notion of losing all his money, his exotic toys and his nanny so that he can risk everything for the true love of a kind-hearted ordinary girl who dreams of publishing a children's book. So as he takes the ultimate gamble, Arthur proves to be the funniest when he decides to interview for office jobs for which he is clearly unqualified in many respects. In fact, the job interview scene is one of the few truly funny scenes in "Arthur," the new but not improved remake. However, those who think Russell Brand is somehow adorable or even cuddly may find more amusement in "Arthur" than I could find conceivable.

DVD RELEASE UPDATE

"Dallas," the highly popular prime time television soap opera, ran for so many seasons that acquiring the complete DVD collection would be a daunting task. Instead, if you're a fan of J.R. Ewing and his wealthy Texas family, you may consider the alternative of the "Dallas: The Movie Collection," a DVD collector's set, which includes a prequel, two cast reunion telefilms and retrospective TV special. This collection contains "The Early Years," which set the stage for the drama to come, while reunion movies "J.R. Returns" and "The War of the Ewings" plunged Larry Hagman's wheeling-dealing J.R. into plots to take over Ewing Oil. The fascinating retrospective "Return to Southfork" is brimming with clips, outtakes and reminiscences from your favorite "Dallas" stars. "Dallas: The Movie Collection" allows fans to enjoy the compulsively watchable tales of greed, scheming and sex – mostly masterminded by the double-dealing oilman (that would be J.R. Ewing) folks love to hate.

Free Electronic-Waste Collection Fundraiser

Proceeds to Benefit
Rio Americano High School Wrestling Program
Saturday, May 7th, 2011, 9am - 1pm

Rio Americano High School Overflow Parking Lot
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Carmichael Geranium Society Monthly Meeting

May 5th, 10am
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PUBLIC NOTICE

SMUD Invites Public Input on a Proposed Rate Restructuring

The Sacramento Municipal Utility District (SMUD) is holding a preliminary public hearing, two public workshops, and an additional public hearing to discuss the proposed restructuring of electricity rates. These proposals would not raise system average rates or increase SMUD revenues. Instead, the main proposals will better align SMUD's true cost of electricity with the delivery of power. The open access transmission tariff and distribution wheeling service rate would go to effect July 22, 2011. The retail rate changes would go into effect January 1, 2012.

Most customers would see only minimal impacts to their electric bills on an annual basis. And SMUD rates would remain more than 20 percent below those of PG&E on average.

The General Manager Report and Recommendations include:

- Time-of-use rates for small commercial customers during the summer billing season.
- A modest increase to the system infrastructure fixed charge, which covers maintaining poles, wires, customer service and other infrastructure vital to reliable service, moving that charge closer to actual costs for small commercial and residential customers (except those on the Energy Assistance Program Rate).
- Revert to standard residential rates for customers on the Energy Assistance Program Rate instead of discount rates after usage exceeds 600 kilowatt hours in excess of Base Usage allowance.
- Shortening the summer billing season from six months to four months for residential and small commercial customers.
- Decrease current standard residential kilowatt-hour charges in all months.
- Decrease current small commercial kilowatt hour charges for all "off-peak" hours.
- Institute a late fee of 1.5 percent of overdue charges.
- Re-word language on bills to more clearly define specific charges.
- Creation of a new tariff for wheeling power across SMUD's distribution lines and other minor clarifications in SMUD's Rules and Regulations.
- Update the open access transmission tariff to provide generating projects with better access to electricity markets outside of SMUD.

Public meetings about the proposal are scheduled as follows:

Preliminary Public Hearing	Thursday, May 5, 2011 at 6 p.m.
Public Workshop	Wednesday, May 18, 2011 at 6 p.m.
Public Workshop	Tuesday, May 24, 2011 at 10 a.m.
Public Hearing	Thursday, June 16, 2011 at 9 a.m.

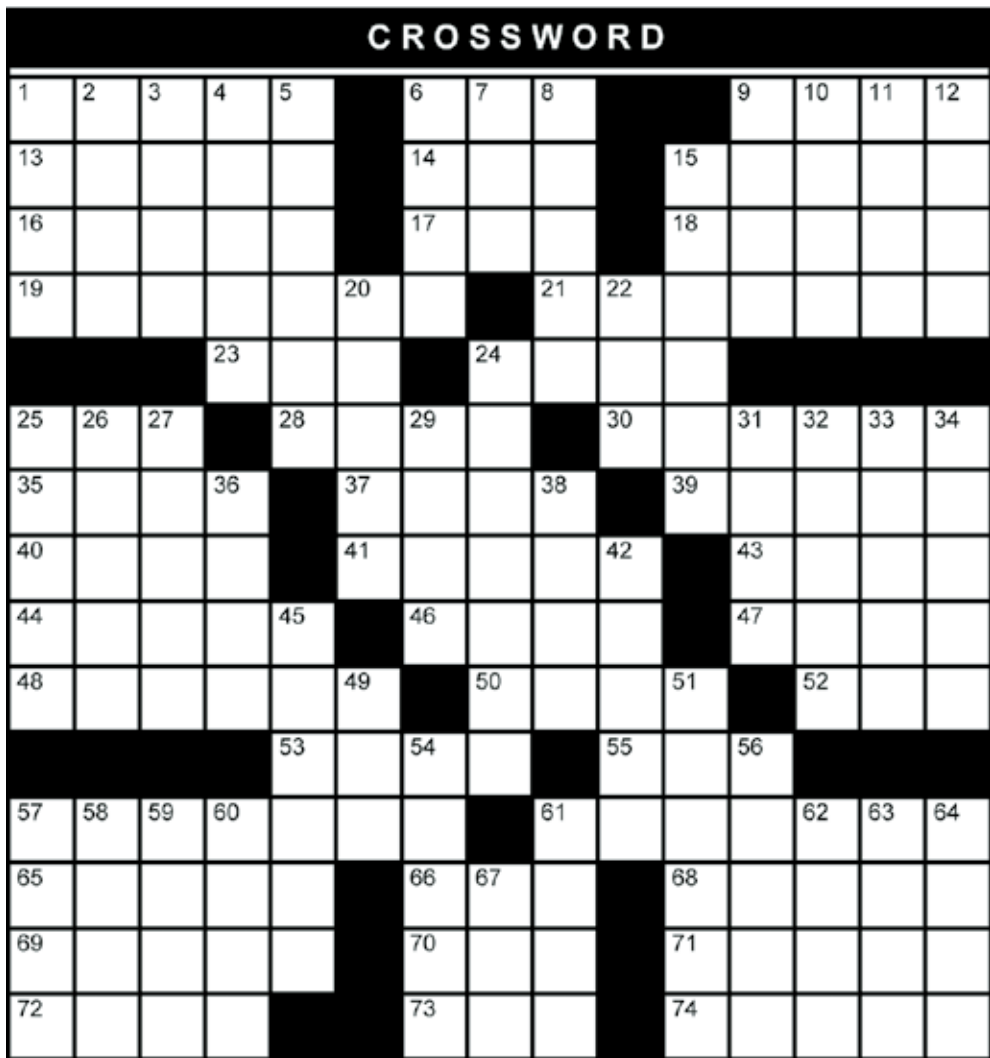
All meetings will be held at SMUD's Headquarters Building, 6201 S St., Sacramento, 95817.

Information about rate restructuring – including the General Manager's Report and Recommendation on Rates and Services and the General Manager's Report and Recommendation on Open Access Transmission Tariff – can be found on smud.org. Copies of the reports are also available at all Sacramento County Public Libraries.

Accommodations are available for disabled individuals. If you need a hearing assistance device or other aid, or have specific rate questions, contact Rob Landon, SMUD Rates Administrator at (916) 732-6222. Written comments should be sent to him at rates@smud.org or MSA451, SMUD, P.O. Box 15830, Sacramento, CA 95852-1830.



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CLUES

- ACROSS**
- Wharton's "The House of _____"
 - Between id and superego
 - Done to shirt after it's tied
 - Hula dancer's hello
 - "Scooby Doo, Where Are _____?"
 - New Zealand resin-producer
 - "None the _____"
 - Dog-____-dog world
 - Radio sign
 - "Everybody loves him?"
 - "Friday's show
 - Peyton's Giant brother
 - Food wrapper
 - Tax helper
 - "Ashton's wife, former "General Hospital" soap star
 - "Hagman was shot on this show
 - Nazi villain
 - "Coleman, Bridge, Plato, Bain of "Different Strokes," e.g.
 - "_____ Park, where Eric, Kenny, Stan and Kyle live
 - Ancient Peruvian empire
 - Literary composition
 - Site of Trojan War
 - "Growing _____"
 - Dance with leis
 - A devilish place
 - Cold-shoulder
 - Count on
 - "Rocky" creator
 - Ready to eat
 - Slight amount
 - "Cheers" spin-off
 - King Arthur's castle
 - Klondike gold rush site
 - Exclamation of surprise
 - Clarence Thomas' accuser
 - Mack the _____
 - Knightly title
 - DNA is a double one
 - Volcano in Sicily
 - "_____ Arden, star of "Our Miss Brooks"
 - Old-time calculators
- DOWN**
- Bryn _____, liberal arts college for women
 - Hipbone
 - Like happy people's glasses
 - "Will Smith performed his show's _____ song
 - Maude's unlikely beau
 - Looked at
 - India's smallest state
 - One up
 - Euphemism for "damn"
 - Chinese monetary unit
 - Cleveland, OH lake
 - Scoop on someone?
 - Eucalyptus eaters
 - "Marilyn to Lily Munster
 - Relieve from
 - Cranney
 - "Ponch and Jon
 - Subject to punishment by law
 - American Standard Code for Information Interchange
 - "It ran longer than the war itself
 - Reluctant
 - Fisherman's decoys
 - Circular island of coral
 - Bashfully
 - Crooned
 - "... a _____ of a fateful trip."
 - Site of 1945 Allied conference
 - Place of worship
 - Not a win nor a loss
 - Japanese electronics manufacturer
 - As opposed to poetry
 - Brightest star in Cygnus
 - Type of fish net
 - Smallest of a litter
 - Related
 - "Where "Friends" hung out?"
 - Center
 - Snoopy's original owner
 - Like ear infection
 - "About Sunshine Cab Company
 - T-cell killer

For Solution See Page 8

Twenty-five San Juan Teachers Receive STARS Grants

San Juan Education Foundation puts resources in classrooms

From Pam Lapinski

Twenty-five teachers from throughout the San Juan Unified School District have recently been awarded grants totaling \$10,000 to help fund programs in science, technology, arts, and reading from the San Juan Education Foundation (SJEF).

Projects that will benefit include theatrical productions and a variety of art experiences, the purchase of technology to download e-books, a reading program using alumni mentors, and drums to teach techniques and integrate with movement, visual and language arts concepts.

Schools receiving grants include:

Arlington Heights, Bella Vista, Cambridge Heights, Casa Roble, Cottage, Del Campo, El Camino, Encina, Greer, Lichen K-8, Mesa Verde, Mira Loma, Sierra Oaks, Skycrest, Starr King, and Twin Lakes.

Charlene Mattison. The San Juan Education Foundation, an independent, non-profit organization that supports San Juan schools, awards grants in the fall and spring of each school year.

"California's budget problems have seriously impacted the ability of our schools to continue important academic programs, and we believe it is critically important to do everything we can as members of the Sacramento community to enrich the classroom experience and offer support to teachers who want to use their creativity and innovation to challenge their students," said SJEF Board Chair

The Foundation's Board is comprised of community, business and education leaders, who bring professional expertise, knowledge of community resources and the creativity necessary for a fresh approach to helping teachers help their students to thrive. For more information about how to apply for grants and about the San Juan Education Foundation, please visit www.sanjuanfoundation.org.

Businessman Found Guilty of Tax Evasion

From Sacramento District Attorney's Office

Sacramento businessman Abdelmajid M. Hamid has been found guilty of tobacco tax evasion, the California State Board of Equalization announced today.

Hamid was found guilty and sentenced on April 12, 2011 by Sacramento Judge Marjorie Koller on two felony counts of tobacco tax evasion. The case was prosecuted by the Sacramento County District Attorney's Office. Hamid was the owner of Cheaper Wholesale, a retailer and distributor of tobacco products in Sacramento. Hamid evaded the California tobacco products tax by purchasing untaxed tobacco products from outside California, failing to possess a California tobacco product distributor's license, and failing to report his untaxed tobacco products.

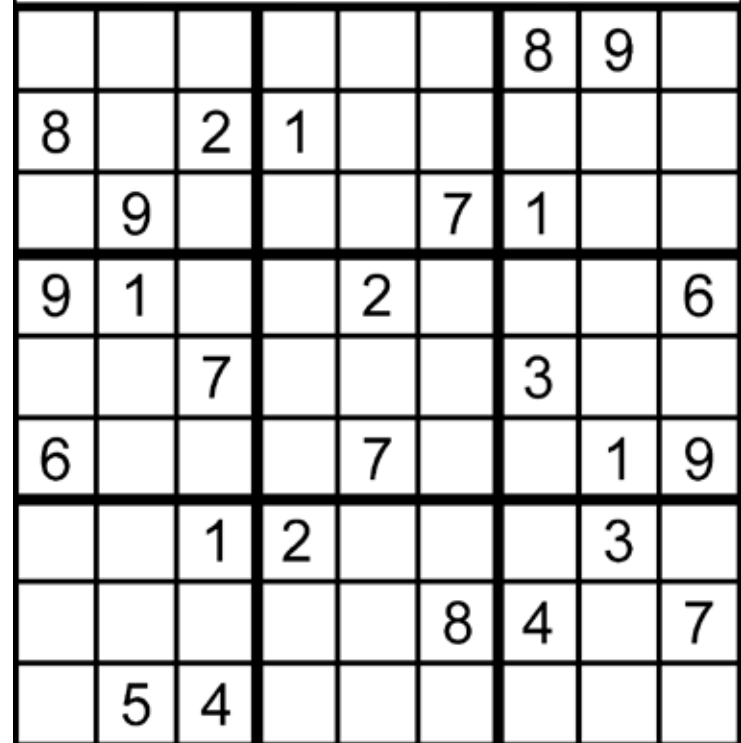
The charges were based on Hamid's failure to pay the State of California \$792,511 in tobacco excise tax between January 1, 2007 and June 30, 2008. Hamid received a sentence of 2 years in state prison and was ordered to pay restitution to the Board of Equalization in the amount of \$950,396.

The five-member California State Board of Equalization (BOE) is a publicly elected tax board. The BOE collects more than \$48 billion annually in taxes and fees supporting state and local government services. It hears business tax appeals, acts as the appellate body for franchise and personal income tax appeals, and serves a significant

role in the assessment and administration of property taxes. For more information on other taxes and fees in California, visit www.taxes.ca.gov.

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For Solution See Page 7.

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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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DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 1-888-688-9795 (MB 12-31)

Drywall

Repair, remodel from simple to impossible, all textures. Residential, small commercial. A real pro. 40+ years experience. All work guaranteed 3 years. Affordable prices. Lic # 305736. 916-726-1144 (MPG)

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PROVIDING PERSONAL CARE w/ love and dignity. Rooms available Call 916-721-4721 (MPG)

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RETIRED MASTER ELECTRICIAN Expert troubleshooter, 30 years experience. Old panel repairs/upgrades. Lic.# 877532 Call 916-595-3052 (MPG 10-27)

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24 Hour, 7 Days. 916-213-7575 (MPGM)

Fencing

Cal State Fence and Construction Since 1986 Quality, Trustworthy, Affordable, Reliable. Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks, Residential/Commercial FREE ESTIMATES! Lic. #494306 916-966-1103 (MPG 09-15)

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CASH NOW! Cash for your structured settlement or annuity payments. Call J.G. Wentworth. 1-866-494-9115. Rated A+ by the Better Business Bureau. (Cal-SCAN)

Homeowners Don't Short Sell Your Home as a first option. A home can generate \$2,600,000 of tax-free income. Let me help you create additional income & front page 1040 deductions BK/CR 916-868-1041 (MPG)

Real People helping Good People find Real Debt Solutions! Linda Findley 916-300-0611 lafindley@team72goodcredit.com (MPG)

STOP YOUR DEBT INSANITY Full service solution for credit nightmares. Mortgage Arbitration, Credit Repair, Debt Stlmt. 916-300-0611 (MPG)

Reverse Mortgages If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6853. (MPG)

Firewood

Firewood? Mixed wood, split, \$70 per truckload. FREE delivery in Sacramento area. 481-7315 (MPG 1-05-11)

For Rent

Office Space For Rent 800 Sq.Ft. No Retail. El Camino & Walnut. 971-1717. \$800/Mo (MPG 03-02-11)

55+ Community Now Renting 1bd Micro/frig/stove/patios. \$575 a month, free RTA passes, Movie Nights/Wii/Bingo. Ask how to get a FREE months' rent! Hurry offer ends February 11th 2011. 916-921-6819 Phone. Accessible units available. (MPG 02-02-11)

Auburn - 2B/1B Apt, 800 sq ft. \$700 mo, 1/2 off 1st mo. rent. Sterling Ridge, 203 Electric St, 530-885-8082 (MPG 12-22)

BUSINESS/COMMERCIAL Old Town Fair Oaks. Prime location for RENT. Asking \$1500.00 a month with lease. Property includes: • 4 (four) oversized mechanical bays, all with roll up doors • 2 (two) working/well maintained hydraulic lifts • Secured/gated parking • Built-in cabinets • Deep sink to wash up in • Plenty of overhead lighting • Alarm system • 110/220 single phase hook ups • Swamp cooler

Located near a major intersection. Any questions or to view the property please contact: M. W. 916-638-7439 (MPG 08-25)

COMMERCIAL Office/Warehouse space. 1,000 up to 3,000 sq. ft. available @ .55¢ (month to month) or negotiable lease. Excellent 1-80 access near ARC (Auburn Blvd/College Ave). Call Lisa West @ (916) 331-0840. (MPG)

\$490 per month Charming Cottage in Gold River. Looking for quiet woman to rent bedroom. No share. In my small charming cottage nestled amid rose garden. Washer/Dryer. No pets or smoking. Near transportation 25 mins from ARC and Sac State. 916-631-8784. (MPG)

For Sale

2 bedroom Mobile Home 12x60, in Citrus Heights, Sac., Mobile Home Park for 55 +, \$10,000. Call 468-9728 8-4 pm (MPG 12-08)

Foster Care

Foster Care in Your Home: Highest Rates! E-mail newfosterparents@stfhc.org (MPG 12-01)

Free Hearing Test

Miracle-Ear FREE Hearing Test. Courtesy of Miracle Ear. CALL For Appt. with a LOCAL Specialist. Rediscover the Life You've Been Missing! Call Today-1-877-339-3002 (MB 12-31)

Garage Sales Online

BeaverJack.com Online Garage Sale Info. Advertise for FREE or Search by zip for FREE. (MPG 09-01)

Gardeners

Smith's: Full Maintenance, Sprinkler, Pruning, Aeration, Gutter Cleaning, Hauling. 967-7543 or see www.SmithsLandscape.com (MPG)

Golf Equipment for Sale

2 Bags Good Condition, 1 Golf Caddy, Titleist Clubs, Diamond Head, Browning 440, Topflite, Cleveland, Titleist, Zebra, MacGregor Silver, Gravita Back Cobra, Stan Thonson, Callaway Silverhead, Bucket of balls (used) Best Offer for All. Call Scott 613-8359 (MPG)

Groomer

Pinkiepop, in home grooming service. 18 yrs. exp. \$5.00 discount, 1st visit. References. Call Victoria (916) 256-0487. (MPG)

Handyman

Handyman, JR Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825 (MPG)

Household Helper. You Name It! Hauling, Gutters, Tree Trim, Spot Carpet Clean 613-8359 (MPG)

Handy Guys Small Jobs, Senior Discounts Gutter Cleaning-Deck's Woodwork 916-519-5135 Free Estimates (MPG)

A-1 Home Maintenance & Repair "Handy Man" California state certified electrician Plumbing repair. Fence repair. Free quotes-no job too small. Please leave message. 916-961-8059 (MPG)

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Plumbing Services Specialty Plumbing-Remodels, Repipes, Water, Sewer, Gas Lines, Water Heaters CA License 918844 (916) 607-6749 (MPG)

Health/Misc.

ATTENTION Joint & Muscle Pain Sufferers: Clinically proven all-natural supplement helps reduce pain and enhance mobility. Call 888-589-0439 to try Hydratlexin RISK-FREE for 90 days. (Cal-SCAN)

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THE WEIGHT IS OVER Lose up to a pound a day. Fast growing Company. Recession proof product. 916-474-4079 www.eat-choc-losewt.com (MPG)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

TIME FOR SOMETHING NEW?! Travel The USA! Motivated Guys/ Gals Needed Now! Cash Daily, Training, Transportation Provided. Ashley: 877-503-5330 (SWAN)

Adult Residential Facility is in Need of Live-In Caregiver with experience in an ARF

facility, good DMV record, and hardworking. Please call Orlando or Hermie at 916-487-4482. (MPG)

DRIVERS - CHECK THIS OUT! New Pay Increase! 34-40 cpm. Excellent Benefits. Need CDL - A & 3 months recent OTR. 877-258-8782. www.MeltonTruck.com (MPG)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

AREA MANAGER Full/Part Time Great Pay! Place and collect donation canisters for a non-profit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frchildren.org (MPG)

Pathologist Perform general anatomic & clinical inpatient/outpatient pathology services. Travel to other unanticipated sites may be required. Kolbeck, Bauer & Stanton Medical Corporation, 3637 Mission Ave., Ste. 5, Carmichael, CA 95608. (MPG)

Urgent F/PT Sale Reps needed Latest telecommunications products. \$\$\$ Commission, Bonuses, Residuals Training available call 916 612-6621 (MPG)

Health Care Marketing.

We are successful business entrepreneurs looking for people passionate about health & business. Go to www.myrolandimbusiness.com and watch a video News clip. Leave your name and email address to learn more, we will get back to you. (MPG)

SALES, Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/PT, Residual Income, Commission, Fax Resume 916.910.2002 (MPG)

We are seeking dynamic customer service oriented individuals with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danelopez1980@yahoo.com if interested (MPG)

MAKE A DIFFERENCE. For More Information: (916) 383-9785 ext. 15 (MPG)

Wanted: 29 Serious People to Work From Home using a computer. Up to \$1,500-\$5,000 P/T/F! www.REBvision.com (MPG)

STRESSED OUT? Work from home & get paid daily! www.happyandhealthyfamily.com 888-211-4268 (MPG)

Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

Land Liquidation 20-acres, \$0 down, \$99/mo. ONLY \$12,900. Near Growing El Paso, Texas (2nd safest U.S. City) Owner Financing, NO CREDIT CHECKS! Money Back Guarantee. FREE Color Brochure: 800-755-8953 www.sunsetranchesc.com (SWAN)

Landscaping

Affordable Landscape Service. Clean-ups & Makeovers! Maintenance starting at \$60/mo. Dependable family business. Lic. # 887351. 916-338-2001. sacyards.com (MPG 09-08)

Law and Garden Service Bi-weekly or monthly Call for FREE estimates 965-9224 (MPG)

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG)

Tall Weed Cutting Low Rates 916-524-7477 (MPG)

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrabellagarden.com or c/c Randy for info at 454-3430 or 802-9897. (MPG)

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

Legal Services

Need an Attorney? Have a legal situation? Looking for extra income? Contact Erika Mitchell at 916-729-7364 or ericamitchell@prepaidlegal.com (MPG)

BANKRUPTCY LAWYERS, Credit Card Debt, Foreclosure, Repo, Wipe Out Bills, Free Consultation 971-8880 (MPG)

Lose Weight

LOSE 3-5 LBS PER WEEK! I have lost 34 lbs in 7 weeks and you can too! Call Rick at 916-952-2866 (MPG 12-08)

Massage

Massage therapy by CMT. Louise is a licensed therapist for many

years; the cabin is clean, bright and quiet; call Louisa 916 729-0103. Open 10 to 8 by appointment. (MPG 04-20-11)

Ivy Massage Full Body & Foot Massage. Women's Summer Special \$35 Per Hour. • Swedish • Deep Tissue • Shiatsu • Foot Massage • Accu-Pressure. Open 7 Days; 9am-10pm Tel: (916) 987-8688. 8820 Greenback Lane #D. Near Annie's Restaurant. Greenback & Beech. Walk-ins Welcome. Gift Certificates Available. (MPG 09-01)

HouseCleaners Do You Love Being Part of a Winning Team? Do You Love to Clean? Do You Love Making Customers Happy? If You Answered YES! We Want You! HouseCleaners is recruiting for our Sacramento area team. Please call Sylvia at (916) 955-6089, or e-mail your resume to: sachousecleaners@hotmail.com. All applicants must be willing to undergo background checks and drug testing. (MPG 08-15)

PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Household Help

House Cleaning Service Experienced hard-working owner/operator, supplies furnished, detail-oriented, affordable rates. Call today Madeline 916-723-1608. (MPG)

DeAna's HOUSEKEEPING Immaculate, Fast, Honest, Dependable. I care about what I do. Call me, 916-549-4915 (MPG)

QUALITY WINDOW CLEANING PLEASE CALL MARK AT 612-8949. (MPG)

Homesitters on Wheels, Office needs two RVers with RV's for Petsitting 916-483-5146 (MPG)

**FREE Document Shredder with New Annual Enrollment. LifeLock Identity Theft Protection- Help Protect Yourself Today! Call Now! Use Promo Code: SHREDDER Call 1-877-467-5506 (MB 12-31)

Home Health Care

In your home health care/ helper. 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737 (MPG 08-25)

House Cleaners

HouseCleaners Do You Love Being Part of a Winning Team? Do You Love to Clean? Do You Love Making Customers Happy? If You Answered YES! We Want You! HouseCleaners is recruiting for our Sacramento area team. Please call Sylvia at (916) 955-6089, or e-mail your resume to: sachousecleaners@hotmail.com. All applicants must be willing to undergo background checks and drug testing. (MPG 08-15)

House Painting

PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Household Help

House Cleaning Service Experienced hard-working owner/operator, supplies furnished, detail-oriented, affordable rates. Call today Madeline 916-723-1608. (MPG)

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Identity Theft

**FREE Document Shredder with New Annual Enrollment. LifeLock Identity Theft Protection- Help Protect Yourself Today! Call Now! Use Promo Code: SHREDDER Call 1-877-467-5506 (MB 12-31)

Land for Sale/ Out of State

SACRIFICE SALE - Nevada's 3rd Largest Lake 1.5 hours South of Tahoe on California border, 1 acre Bold Lake View/Access \$24,900 (was \$49,900). 1 acre Bold Lake Front \$89,800 (was \$149,900). Very rare gorgeous homesites, central water, paved roads. Awe inspiring views. Owner says sell! 1-888-705-3808. (Cal-SCAN)

LAND LIQUIDATION 20-acres, \$0 down, \$99/mo. ONLY \$12,900. Near Growing El Paso, Texas (2nd safest U.S. City) Owner Financing, NO CREDIT CHECKS! Money Back Guarantee. FREE Color Brochure

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 Carmichael, CA 95609

Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984

FICTITIOUS BUSINESS NAME STATEMENT #1102487. James Reese, Jr., 3939 "J" St. #280, Sacramento, CA 95819 is doing business under the Fictitious Business Name "MacDonald-Sullivan Interiors" at 3939 "J" St. #280, Sacramento, CA 95819. Filed with the Clerk of Sacramento County on March 18, 2011. Publish: March 30, April 6, 13, 20, 2011.
 MACDON 10305 4-20-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00099035
 WHEREAS, Nasim Khan has filed a petition with this court for a decree changing name of Wahab Salaam Khan to Aakil Khan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on April 22, 2011 in Dept. 16, located at 720 9th St., Room 101, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 10, 2011.
 Kevin R. Culhane Judge of the Superior Court
 Publish: March 30, April 6, 13, 20, 2011.
 KHAN 10305 4-20-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00098898
 WHEREAS, Calaya Eloya Denisa Dorsey has filed a petition with this court for a decree changing name of Calaya Eloya Denisa Dorsey to Calaya Denisa Curiale. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on April 22, 2011 in Dept. 16, located at 720 9th St., Room 101, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 8, 2011.
 Kevin R. Culhane Judge of the Superior Court
 Publish: March 30, April 6, 13, 20, 2011.
 KHAN 10305 4-20-11

WHEREAS, Lawrence Renfroe has filed a petition with this court for a decree changing name of Lawrence Renfroe to Lawrence Rai'Shaun Curiale. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on April 22, 2011 in Dept. 16, located at 720 9th St., Room 101, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 8, 2011.
 Kevin R. Culhane Judge of the Superior Court
 Publish: March 30, April 6, 13, 20, 2011.
 CURIAL 10305 4-20-11

NOTICE OF PETITION TO ADMINISTER ESTATE OF PATRICIA E. HOLDEN, aka PATRICIA E. MAYER ESTATE NO. 34-2011-00096496
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of PATRICIA E. HOLDEN, aka PATRICIA E. MAYER: A petition has been filed by WILLIAM M. HOLDEN in the Superior Court of California, County of Sacramento, requesting that WILLIAM M. HOLDEN be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under

the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on APRIL 21, 2011 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: William M. Holden, 8115 Sacramento St., Fair Oaks, CA 95628; 916-967-7950
 Publish: April 6, 13, 20, 2011.
 HOLDEN 10401 4-20-11

CORRECTED NOTICE DATES NOTICE OF SALE OF UNCLAIMED PERSONAL PROPERTY
 In accordance with California Civil Code Section 1988(b), personal property left by Reginald Lee, Alana Lee and previous occupants, 3713 Station St. Sacramento, CA 95872, to the possession of Wachovia Bank, will be sold at public auction Friday, April 29, 2011 at Tiger Self Storage, Unit A28, 9609 Oates Dr., Sacramento, CA 95827 at 10:00 AM to the highest bidder for cash. Property to be auctioned includes, but not limited to: Sofa, Coffee Tables, Area Rugs, Dining Table & 6 Chairs, 9 Drawer Dresser, Mirror, China cabinet, Vacuum, Bed, Exercise Unit, TV, Stereo, Dolls, Radios, Glass Tables, Misc. items in kitchen, Entertainment Unit, Electronics, plus all other listed items and miscellaneous personal property. Publish: April 20, 27, 2011
 FRANKH 10402 4-27-11

FICTITIOUS BUSINESS NAME STATEMENT #1103121. Central Valley Property Network Inc., 9245 Laguna Springs Dr., Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Desi Real Estate Network" at 2213-B Del Paso Blvd., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on April 6, 2011. Publish April 13, 20, 27, May 4, 2011.
 DESIRE 10402 5-4-11

FICTITIOUS BUSINESS NAME STATEMENT #1103170. Rod E. Tallman, 1229 Greenhills Road, Sacramento, CA 95864 is doing business under the Fictitious Business Name "In & Out Telecom" at 1229 Greenhills Rd., Sacramento, CA 95864. Filed with the Clerk of

Sacramento County on April 7, 2011. Publish April 13, 20, 27, May 4, 2011.
 IN&OUT 10402 5-4-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00100527
 WHEREAS, Surjit Singio Dhillon and Harjit Kaur Dhillon have filed a petition with this court for a decree changing name of Sameer Singh Dhillon to Samer Singh Dhillon. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on May 20, 2011 in Dept. 16, located at 720 9th St., Room 101, 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: April 4, 2011.
 Kevin R. Culhane Judge of the Superior Court
 Publish April 13, 20, 27, May 4, 2011.
 DHILLO 10402 5-4-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00100077
 WHEREAS, Sarah Oleroh has filed a petition with this court for a decree changing name of Sarah Melanie Oleroh to Sarah Melanie Alejandro. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on May 6, 2011 in Dept. 16, located at 720 9th St., Room 101, 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: March 25, 2011.
 DESIRE 10402 5-4-11

Kevin R. Culhane Judge of the Superior Court
 Publish April 13, 20, 27, May 4, 2011.
 ALEJAN 10402 5-4-11

FICTITIOUS BUSINESS NAME STATEMENT #1103246. Joseph Wayne Scherffius, 7525 Community Dr., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "JWS Promotions" at 7525 Community Dr., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on April 11, 2011. Publish April 20, 27, May 4, 11, 2011.
 JWSPRO 10403 5-11-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00101079
 WHEREAS, Donald Dean Chamberlin, Jr. has filed a petition with this court for a decree changing name of Donald Dean Chamberlin,

Jr. to Diana Nicole Chamberlin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on May 27, 2011 in Dept. 16, located at 720 9th St., 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: April 12, 2011.
 Kevin R. Culhane Judge of the Superior Court
 Publish April 20, 27, May 4, 11, 2011.
 KUNZ 10403 5-11-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00100905
 WHEREAS, Mathew Lawson Wilson has filed a petition with this court for a decree changing name of Mathew Lawson Wilson to Mathew Lawson Jenkins. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on May 20, 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: April 8, 2011.
 Kevin R. Culhane Judge of the Superior Court
 Publish April 20, 27, May 4, 11, 2011.
 JENKINS 10403 5-11-11



Crossword Puzzle on Page 6

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Romance Blooms at the Atrium of Carmichael



Cutting the cake at their reception, Mr. & Mrs. Michael Konyuk at the Atrium of Carmichael.

By Irene Meckfessel (a resident)

Carmichael – When Michael Konyuk moved into the Atrium of Carmichael eighteen months ago, he had no idea that it would soon change his life. After 30 years in retirement in Fair Oaks, he moved into the senior living apartment for health reason.

Six months later, he met a newcomer resident, Jean Wollert, a former bank teller from Milwaukee. A

romance followed, and now a year later on Saturday, April 2nd, the two exchanged wedding vows before Pastor, Jason Schmidt, at Marks Lutheran Church in Citrus Heights.

The couple rode away in an open convertible Mercedes-Benz with balloons above and bells behind and followed by family, including the bride's three daughters, and friends for the reception at the Atrium of Carmichael.

Construction Detours Pedestrians, Shifts Traffic at Sacramento International Airport

Sacramento – Drivers and pedestrians are urged to exercise caution and patience when driving at Sacramento International Airport (SMF) through the summer. Road work is underway to construct a traffic circle to control traffic flowing between Terminal A and Terminal B for the near-future and Terminal A and Central Terminal B by the end of 2011.

The first two phases of this project have the greatest impact to drivers but passengers are advised to expect roadway construction at SMF until the opening of the new Central Terminal B in late 2011.

"Construction crews are doing what they can to minimize the

impact to our customers as the roadways are prepared for Central Terminal B's opening and the future of Sacramento International," said Hardy Acree, Director of Airports. "However, it is important that drivers stay alert to ensure their safety and that of our passengers while navigating the roadways."

The first phase of traffic circle construction is underway and will last approximately three months. A two-way intersection controlled by a stop sign located next to the Administration Building has been removed. The two lanes of traffic that continue to Terminal B have been shifted to the South and an ADA compliant pedestrian detour

has been routed along the Terminal A ground transportation area and through the Administration Building parking lot to ensure safety.

The second phase of traffic circle construction will last an additional three months and will again re-route pedestrian but maintain the roadway drive lanes that have been established in phase one.

Sacramento County Airport System is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. For more information, visit www.sacairports.org.

Sacramento County Responds to Grand Jury's Report on Ingentra

Sacramento – In response to the Grand Jury's report on County processes stemming from the \$20M County liability owed to the federal government in the Ingentra case, Sacramento County is pleased that that the Grand Jury confirmed there was no criminal activity on the part of County employees and there was criminal fraud on the part of Ingentra. Additionally, many of the process changes that the report recommends are already in progress.

"When the error was discovered with the Ingentra payroll, we immediately began assessing risk and procedures for all of our contracting process," said Steve Szalay, Interim County Executive. "Though this liability is significant, it's important to remember the County manages thousands of contracts a year, is automatically audited regularly and follows every applicable regulation.

None-the-less, we are pursuing every possible option to reduce this liability as well as institute practices that insure this cannot happen again."

Essentially, the County is instituting tighter controls and safeguards, a higher level of risk assessment and investigation for potential contracts, and tightening up protections against a contractor's failure to perform, especially in light of contract renewals.

Outline of New Practices in Place:

- Maintain strict controls of Purchasing authority within the current department head delegation
- Enhanced contract performance and vendor assessments "pre-extension" on multi-year contracts including litigation history
- New Practices in the Works:
 - Enhanced contract risk assessments prior to issuing Requests

for Proposals such as bonding and insurance

- Enhanced vendor background investigations pre-award
- Risk-based contract monitoring criteria

Status of Liability and Criminal Activity

We are working with the IRS through the Offer In Compromise process to determine a final liability. The process is ongoing and can take a number of years. The two defendants involved in the federal criminal investigation are scheduled for sentencing: CEO, Albert Cipoletti on May 6 and Controller Kerry Seaman on May 13. Both have been charged with one count of federal wire fraud that carries a maximum sentence of twenty years. View the complete grand jury report.



Make Your Luncheon Reservations Now!

You won't want to miss our timely speaker at the Tuesday, April 26th Chamber Business Luncheon to be held in the Education Building at Cypress Avenue Baptist Church, 5709 Cypress Avenue in Carmichael, next to the Elks Lodge. Our guest will be Hardy Acree, Director of Airports for the Sacramento County Airport System, discussing the new terminal opening up later this year, benefits of business travel, and the current concerns about airplane maintenance and safe travel. Networking begins at 11:30. You'll enjoy a delicious buffet lunch, informative speaker, raffle, and plenty of networking opportunities. Cost is \$15 for members, \$20 for non-members and members who don't reserve a spot prior to the day of the luncheon. Guests are always welcome. Reserve Your Spot today at our website. For information, contact the Chamber at 916-481-1002 or 916-203-1681.

Let's Work Together to Make a Better Carmichael!

Free Community Forum on Crime & Homelessness

As a service to the community, the Carmichael Chamber of Commerce is hosting a FREE Community Forum, open to the public, to discuss the issues of crime and homelessness in Carmichael. The event is **Thursday, April 28** from 7 - 9 pm at La Sierra Community Center, 5325 Engle Road. A panel of guests will be discussing these issues and the public will be able to ask questions. Panel members include Sacramento County Supervisor Susan Peters, Sheriff Scott Jones, Karen Maxwell of the District Attorney's Office, Jack Harrison of Carmichael Recreation and Park District, and more. For further information, contact the Chamber at 916-481-1002.

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.

Caregiver Seminar

Sacramento - Mini Seminar

Date: April 30, 2011
Time: 9:30 am - Noon
Location: Sunrise Senior Living of Carmichael 5451 Fair Oaks Blvd., Carmichael, CA 95608
Speakers: **Cynda Rennie - Program Director for the Alzheimer's Aid Society** "Be the Best Caregiver - Understanding the Behaviors"
Max Perry - Legal Assistant with the Law Office of Arturo Benavidez "Legal Issues"
RSVP: (916) 483-2002 by April 27, 2011
For Directions, call: (916) 485-4500

Contact us for more information on the Carmichael Chamber of Commerce
6825 Fair Oaks Blvd., Suite 100 • Carmichael, CA 95608 • 916-481-1002
Fax: 916-481-1002 • Cell: 916-203-1681 • linda@carmichaelchamber.com
www.carmichaelchamber.com

www.CarmichaelTimes.com

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Eskaton to Make Aging at Home Easier

Carmichael - Aging in place – in your own home – will be easier, safer and more affordable, the result of an innovative new program by Northern California's largest non-profit aging-services organization. The Live Well at Home with Eskaton membership program launched this year is designed to support individuals who prefer to remain in their own home as they grow older.

"Eskaton's comprehensive research and focus groups with area residents identified the key ingredients to enable people to remain at home longer, in good health and safety," Lynette Tidwell, Eskaton's vice president of community relations, explains. "Keeping their homes in good repair, ensuring personal well-being and maintaining social interaction are the greatest challenges we address," said Tidwell, who directs

the new operation. "With these supports in place, individuals decrease their risk of injury or illness and lessen the possibility of leaving their home earlier than desired."

To address these needs, Live Well at Home with Eskaton members will have access to a concierge who will serve as a personal resource for service providers, transportation, social activities and learning experiences. The program also features access to comprehensive group of vendors -- carefully screened and monitored and who offer their services at discounted rates.

Members will also enjoy affordable transportation, a healthful living program and have the opportunity to participate in social activities and travel opportunities. Home safety concerns will be addressed with bi-annual preventative

maintenance visits to change smoke alarm batteries, furnace filters and light bulbs as well as a comprehensive home safety assessment.

"Choice, flexibility, control and affordability are the key components of Live Well at Home," according to Todd Murch, president and CEO of Eskaton. "Members can enjoy living in their own home on their own terms while knowing that Eskaton is providing a safety net of resources and support for life's unpredictable and unexpected events."

Membership in Live Well at Home with Eskaton is currently available in Fair Oaks and the greater Carmichael area. Information on the program is available at 866-ESKATON or livewell@eskaton.org.

LIVE WELL AT HOME WITH ESKATON



**The best of both worlds:
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You deserve the option to grow older in the comfort of your own home. In good health and safety, with vitality and purpose. Live Well at Home with Eskaton offers an exciting new network of services, resources and activities to support your independence.

Now you can "age-in-place" with the confidence that comes with the four decades of experience and support of Eskaton, Northern California's premier nonprofit aging services organization.

Join Live Well at Home today and enjoy the benefits of your membership - now ... and later.

- Personal concierge service and resources
- Access to reliable, competitively priced, approved vendors
- A social network with new friends and activities
- Your own healthful living plan and wellness coach
- Affordable transportation
- Home safety assessments and optional maintenance
- Exclusive online support

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SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

"*Painting Where the Wild Things Are*", an open juried art show at the Sacramento Fine Arts Center benefiting the Effie Yeaw Nature Center. **April 26 - May 14, 2011.** Regional artists will submit paintings of the American River Parkway and the wild things that live there. Juror is Pat Mahony. There will be a 2nd Saturday Reception on **May 14, 2010, 5:30-8:30pm.**



"Fall River - White Rocks" by Pat Mahony

This art show is a preview of the Gala and Art Auction to be held at the Effie Yeaw Nature on May 21, 2010. Tickets \$40.00 916-489-4918.

Entry Days for this SFAC Art Exhibit are Friday April 15, 1-5pm and Saturday April 16, 11am-3pm Show Chair is David Peterson, 916-716-5951

Prospectus available online, www.sacfinearts.org/show

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www.sacfinearts.org

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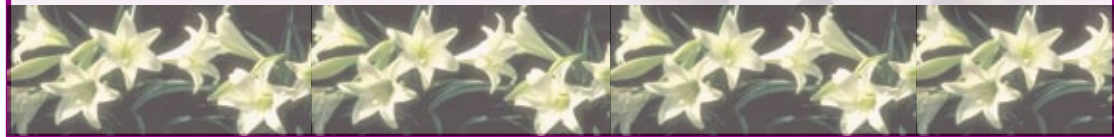
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Monthly newsletter available online and at the community center for additional classes and events. For more information call (916) 972-0336 or go to www.morpd.com.

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Performance, lunch & transportation

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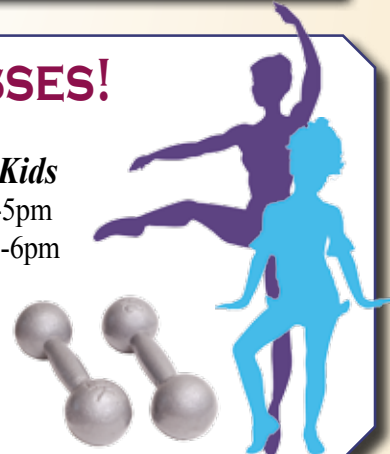
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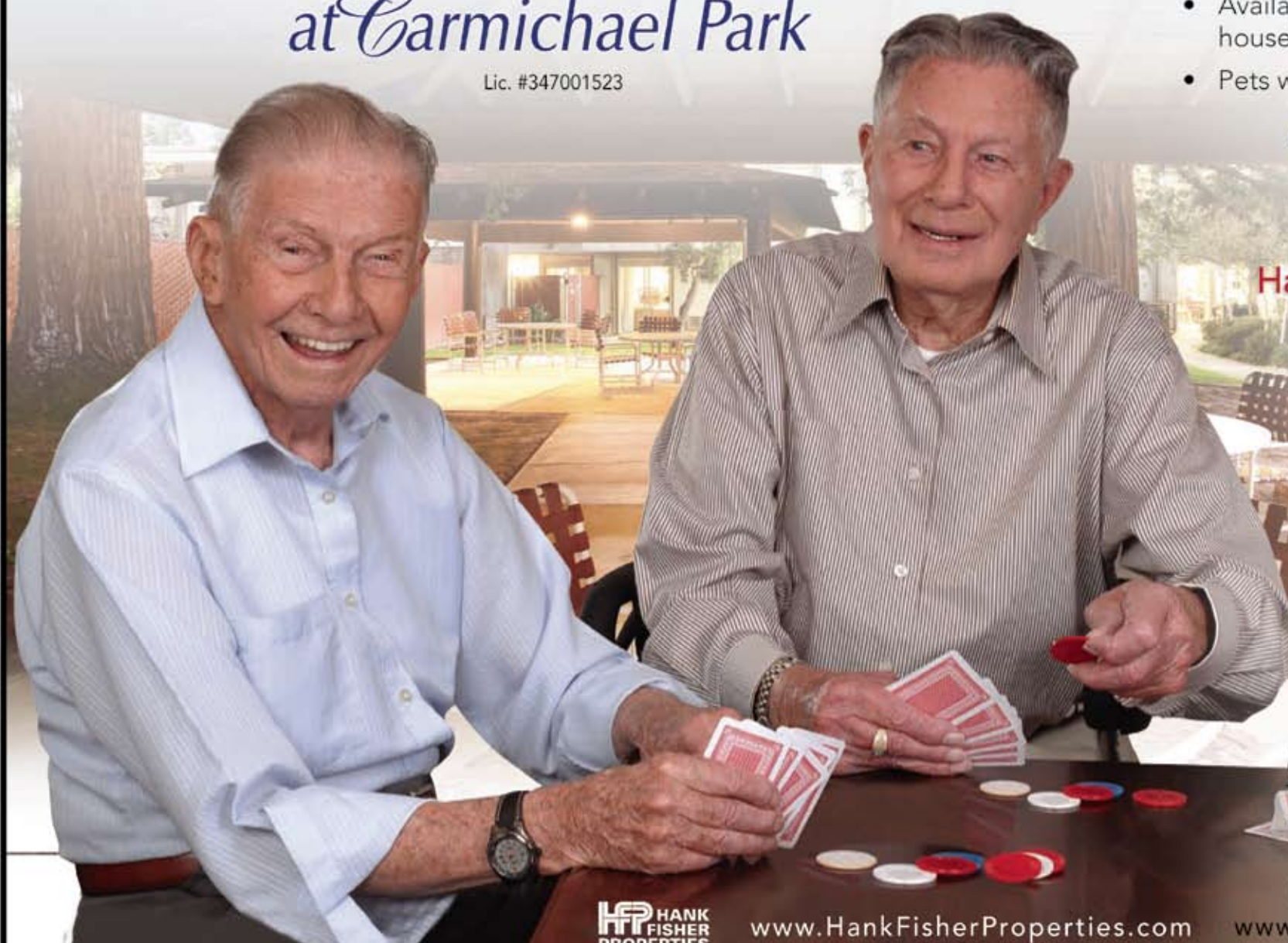
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Arden Playhouse Presents "Fools Retreat"



Diane (Marisa DePaulo, center front) is restrained by Gwen (Claire Langton, right) and Maxine (April Maylene, center rear) from trying to kiss Chris (James McTernan) and help him remember who he is after being knocked out so many times he's not sure of his identity in the Arden Playhouse production of Fool's Retreat. Photos courtesy of Michael Messmer.

Sacramento – Ever overhear part of a conversation that sounds like it may have something to do with you? It's easy to let your imagination take over...especially if there's something stressful going on at the same time...such as layoffs or cutbacks or even a pending promotion.

Put a bunch of ordinarily rational people in a stressful situation, each with good reason to be concerned about what others are up to, let them overhear fragments of unusual conversations and you can end up with some very strange behavior. Or, as a wit once said, just because you're not paranoid doesn't mean they're not trying to get you.

That's the premise behind the latest bit of wild comedy at Arden Playhouse in Fool's Retreat, the sixth original comedy premiered by local playwright Michael Messmer at Arden Playhouse.

Chris is an accountant who, after discovering he's been doing the books for the mob, is trying to make a deal with the FBI. Before he can get his lawyer to work out the details, Chris sees a hit man coming to get him. With the help of Diane, a client he would like to know better, he goes into hiding at a women's health retreat...disguised as a woman. The retreat is known for its discretion in keeping client's

identities secret. Which is one reason, no doubt, that Gwen, an actress with problems...stress and exhaustion...she calls it, is there.

At the same time, the local police have one of their cops, Maxine, at the retreat undercover. Rudy, the mob hit man, arrives and is mistaken by Magda (the retreat manager) for the new medical specialist who has been expected. One misunderstanding after another leads everyone to the wrong conclusions, and then it gets complicated. A score card might be helpful...but you'll be laughing too hard to take notes.

Join us at Arden Playhouse for all the wild fun of Fool's Retreat, opening April 29th and running...and we do mean running...through June 11th on Friday and Saturday nights at 8pm with Sunday matinees at 2pm on May 8th and 22nd. All tickets are \$18 general admission with discounts for groups. Tickets can be reserved by calling (916) 332-2582. Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

For more information about Fool's Retreat, or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse.com, arden@ardenplayhouse.com, or check the website ardenplayhouse.com.

These Bandits are Tough to Beat

Continued from Page 1,
Brotherhood of Bandits

"The nicest group of guys you ever met and so organized and very tolerant, even though once-in-awhile they do exaggerate," sardonically observes Glen Thomas, former Secretary of Education.

David Young, retired Senior Air Quality Planner for the Sacramento Area Council of Governments, says, "The Bandits are a great bunch of guys that come from all walks of life, but we all have one thing in common and that is a passion for the game of golf. There are not too many groups of guys that can get together and enjoy golf as much as the Bandits do. There are no cliques within the Bandits and no one is trying to impress anyone else. We have guys who range in age from the 50 to 95. It is for these reasons that when I retired four years ago, I immediately joined the Bandits. I can't think of a better bunch of guys to play golf with on a regular basis."

A former Haggin Oaks champion, Jerry Valerio spent most of his childhood at the Haggin Oaks golf course, as his parents ran the restaurant for 23 years. "We played Match Play, and I played my last round 11 and 10. That's when we had to play 36 holes. I've only played Haggin once since my dad left. They've completely changed the course. I think it was a better golf course the way it was. They reverted the holes; changed them all. The Clubhouse was down



Frank Maron: First Bandit to pass on. Photographs courtesy of Jule Parker.

at Morse Avenue, before Highway 80 was built. The [Ancil] Hoffman course is a nice golf course. It's long. It gets longer and longer as we get younger. The Bandits are tough to beat."

"Greg Blik is doing a fabulous job of re-doing the tee blocks," observes Edgeman, "so it's more playable for the different skill levels." Ultimately, the course will have five yards set to choose from: 5,150, 5,500-6,500, 6,000, 6,500 and 7,000. "The Bandits is my favorite group of

guys," says Greg Blik, Golf Course Superintendent for Ancil Hoffman Park. "They've had a lot of experiences in their lives they draw from. I respect and look up to them. They've been really great supporters of the changes I'm trying to make."

"I retired as a Civil Engineer with the U.S. Army Corps of Engineers in January 2007 and became a member of the Bandits in the spring that year," says David Ricketts. "Therefore, I'm actually one of the newer and younger members at a mere 61 years of age. What's so great about being a member of the Bandits is that these guys have such a wealth of golf knowledge of the game and are always supportive of each other on and off the course."

The Bandit organization is currently over 20 members strong. Bandit sightings can occur Monday, Wednesday and Friday mornings—look for a group of red golfing hats.



Red Hat: Each member has one.



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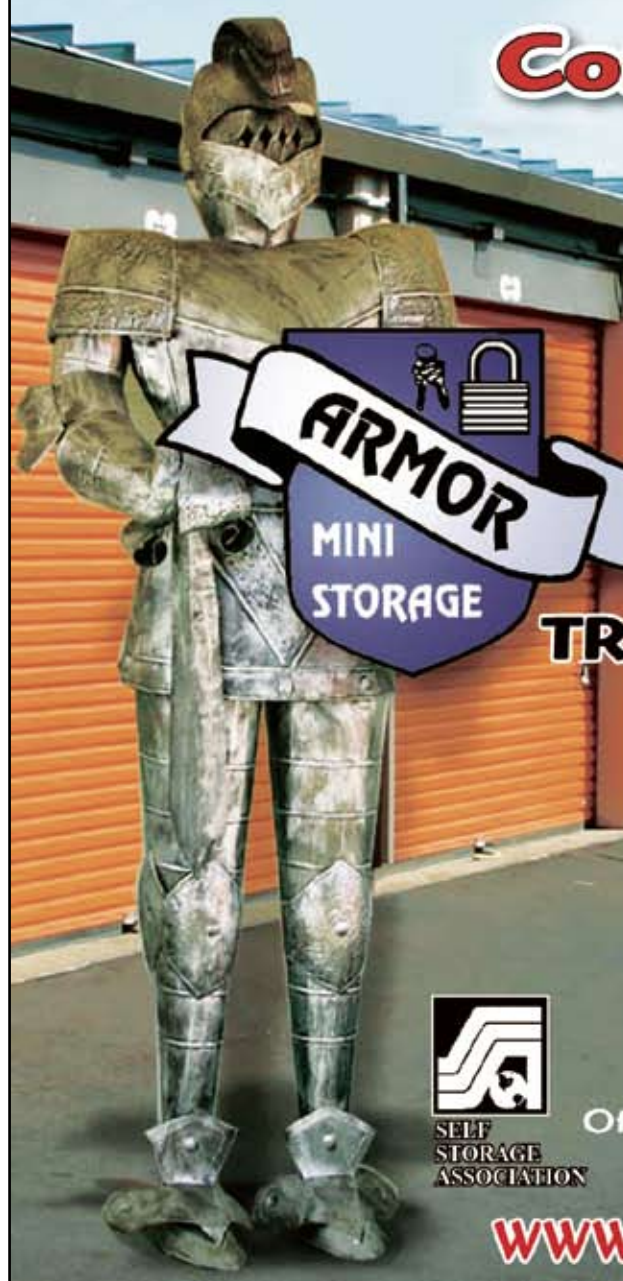
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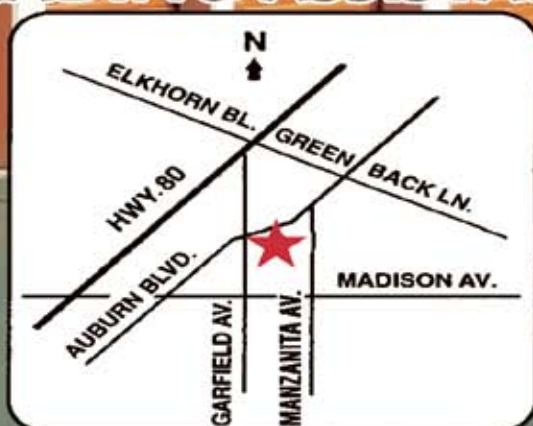
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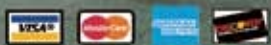


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