

Serving Carmichael and Sacramento County since 1981 Volume 31 Issue 15

Boulevard Clean-up Rakes It In



Beginning a recent clean-up of Fair Oaks Blvd, volunteers included Carmichael Creek Neighborhood Association President Sandie Dunn (left), Sacramento County staffer Howard Schmidt, Carmichael Colony Association President Moka Davis and Chamber of Commerce executive Linda Melody. Photograph by Susan Maxwell Skinner.

Tea Party Patriots Holds Rally April 16th

Sacramento - Join Tea Party Patriots at Cal Expo Sacramento, on April 16th, from 11:30 a.m. to 3:00 p.m. They will be honoring our veterans and hard-working American people as they come together to celebrate our country's heritage. They are planning a pre-concert rally with Jeremy Hoop singing the Tea Party Patriot song, Rise Up. This will be followed by a Freedom Riders entrance, a 10-cannon salute, a parachutist falling from the sky with a 30-foot American flag. Many educational and informative displays will be available for the public. There will be a number of special guests speaking on issues concerning our countries future.

Speakers will include; Brent Bozell from Media Research Center and a Fox News Contributor, Congressman Tom McClintock, Brad Dacus of the Pacific Justice Institute, Constitutional Scholar, Bill Norton, Mark Meckler,

April 13, 2011

Last Year's Rally. Photo Credit: David Rowen

Co-founder Tea Party Patriots, Jon Coupal of the Howard Jarvis Tax Payers Association, Sam Parades of the California Gun Owners Association, Hugh Hewitt, Radio Talk Show Host and Jack Armstrong, Armstrong & Getty Radio Show.

Day of Peace Event

Carmichael - On Saturday, May be a labyrinth made from donated 14th, Carmichael Recreation & shoes from Soles4Souls Fund-

Park District and Saha Wellness raiser. (bring shoes that day) Attendees will also enjoy live music, organic food, many speakers, beautiful art and much more!

By Susan Maxwell Skinner

Carmichael - One mile of Fair Oaks Blvd yielded 26 big bags of garbage during a recent street spring clean-up.

Armed with 40-gallon sacks, 15 men and women toiled to spruce up roadsides. As they tackled central mediums, tooting car horns signaled approval for the orange jacketed volunteers.

Fast food consumers and smokers

were deemed worst despoilers. "You wouldn't know California had strict fines for littering," observed a worker. "Idiots hurl stuff from car windows like the whole of America was their trash can. You could pick up cigarette butts all day. You'd never, never get them all."

Another volunteer noted that sporadic public trash cans were full to overflowing. "People use them well," he said. "Perhaps they aren't

being emptied often enough." Orphan shoes and hub caps - even abandoned grocery carts - are commonplace during this four-times-ayear clean-up. Odd items included a two pairs of men's trousers and a lady's blouse. "We don't even want to think of how they ended up in the street," said a project leader.

Sponsors are the Carmichael Creek and Carmichael Colony Associations, Sacramento County

and the Carmichael Chamber of Commerce. The project tidies the boulevard from Oak Ave to where Fair Oaks and Manzanita meet. Repeat efforts are scheduled for summer, fall and winter. Volunteers are rewarded with coffee and snacks; students can earn community service credit for participation. For information, call the Carmichael Colony organization at (916) 747-6273.

Center of Carmichael will sponsor a Day of Peace event. The event is from 10-5pm, and all ages welcome.

You can make every day a day of peace with a health body. a quiet mind and peaceful heart. Come to this event and learn more about the benefits of Inspired Medicine while enjoying the free Yoga classes on the hour, (bring your yoga mat!). There will also

It will be held at Carmichael Park, 5750 Grant Avenue in Carmichael 95608.

If you would like to become a vendor or sponsor, please call Saha Wellness at 916-484-7175. For information visit Dr Kate Bisharat's Inspired Medicine online www.inspiredmedicine.info. at

Victory for Small Business **Congress Passes Form 1099 Repeal**



Small business owners can smile and relax at the defeat of the unpopular 1099 mandate. It was time to see it go.

From NFIB

In a win for small businesses, the Senate today (April 5th) passed a bill to repeal the onerous IRS Form 1099 reporting requirement. The same bill was passed in the House earlier in March, and the measure now awaits action by President Obama, who has shown support for repeal. The National Federation of Independent Business led the repeal effort on behalf of over 350,000 member businesses.

"Small businesses have been struggling to come up with a way to account for this burdensome tax reporting mandate, and it has been the top priority of NFIB to see it repealed," said John Kabateck, NFIB/California Executive Director. "NFIB and its members are glad to finally see this ill-conceived rule removed from the books by Congress."

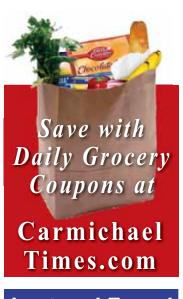
The Senate repeal bill mirrors legislation which passed in the House of Representatives on March 3 to repeal the 1099 tax reportingrule, H.R.4. Congressman Dan Lungren was instrumental in the bill's passage last month.

"NFIB thanks Congressman Lungren for bringing this repeal first to the House floor for a vote," added Kabateck. "No other rule or regulation has been as widely unpopular as the 1099 mandate, and it was past time to see it go."

The 1099 tax reporting rule was included in the passage of the Patient Protection and Affordable Care Act last year. Almost immediately after it was put into law, it was criticized by lawmaker from both parties in both chambers of Congress and the White House as being an over-burdensome paperwork mandate placed on small businesses.

It would have required small businesses to file Form 1099 for every business-to-business transaction totaling over \$600. The requirement, intended to capture lost tax revenue, would have placed the burdensome requirement on small businesses of not only reporting on their own income, but also the income of their vendors.

NFIB's powerful network of grassroots activists sends their views directly to state and federal lawmakers through our unique member-only ballot, thus playing a critical role in supporting America's free enterprise system. NFIB's mission is to promote and protect the right of our members to own, operate and grow their businesses. More information about NFIB is available online at www. NFIB.com/newsroom.



Lost and Found

Found – Wedding ring found in the vicinity of Arden Arcade near Edison and Norris on April 7th.

Must be able to describe this ring and its engraving. Call the Good Samaritan at 481-5602. No charge for return.

Leave message if there is no answer when you call.

www.CarmichaelTimes.com

Carmichael Oaks Receives Top Award for Alzheimer's Memory Walk



Virginia Stone, receiving an award on behalf of Carmichael Oaks from the Alzheimer's Association from the chairman Dale Masters.

Carmichael - Carmichael Oaks Senior Living loves to support the Alzheimer's Association through a variety of events. Recently it received the top award for the Northern California District of the Alzheimer's Association for the "Most money raised by a facility for the Alzheimer's 2010 Memory Walk". In all, Carmichael Oaks raised \$13,716. Most of the money was raised through the community's annual BBQ, Beer, & Boogie annual fundraising dinner and raffle event. The Alzheimer's Association Walk

Carmichael - Spouses, family

members and friends who are pro-

viding care to seniors with memory

loss are encouraged to participate

in a dementia support group at the

Chateau at Carmichael Park, begin-

ning at 10:00 a.m. on Thursday, April

14th. Linda Zisko, director of The

Club Memory Day Care program,

facilitates the group.

To End Alzheimer's, is the nation's largest event to raise awareness and funds for Alzheimer's care, support, and research.

"We increased our fundraising effort by over 30% from last year. Personally my driving force to be involved in the Walk over the past six years was because my mother has Alzheimer's, as did my grandmother. Three years ago I came to Carmichael Oaks to learn more about Alzheimer's. I then became involved on the Walk committee and more involved with our wonderful community," said

The Chateau at Carmichael Park Hosts

Dementia Care Support Group

Hank Fisher Properties, is located at

7125 Fair Oaks Boulevard between

Grant Avenue and Engle Road. It

offers remarkably affordable, high

quality independent and assisted liv-

ing along with The Garden Memory

Care and The Club Memory Day

The support group will continue

to meet the second Thursday of each

Care.

The community, managed by month to offer family care providers

Virginia Stone, marketing director for Carmichael Oaks.

In addition to the Carmichael Oaks community award, Virginia personally won two awards for her dedication. The first for being the 2nd top producer and an appreciation award for being a member of the Memory Walk committee.

The Memory Walk this year is Saturday, October 1, 2011. Registration opens at 8:30 am. The location is the California State Capitol, South Steps. The Walk route is three miles around the Capitol or a one-mile shortcut. Join and support the Carmichael Oaks team by going to the website at http://walktoendalz. kintera.org/sacramento11.

The Carmichael Oaks fundraising BBQ event this year is scheduled for Sept 23.

The Carmichael Oaks Senior Living provides the finest in senior living with three lifestyle options: independent living, assisted living and memory care.

Carmichael Oaks hosts a monthly Alzheimer's Support group meeting, the second Tuesday each month at 6PM. For more information about Carmichael Oaks call (916) 944-2323 or visit www.carmichaeloaks.com.

with encouragement, education, resources and caregiving guidance.

While caregivers attend the sup-

port group, their loved ones can

participate in The Club Memory Day

Care program at no charge. Space

is limited, however, and reserva-

tions are required. For reservations,

directions or information about the

Chateau at Carmichael Park, call

916-481-7105.



Maestro Jerry Lopes leads the Capitol Pops ensemble for a tuneful spring celebration on April 16. Photo by Susan Maxwell Skinner.

Citrus Heights - Marking its 14th anniversary, the Capitol Pops Concert Band presents a free spring concert on Saturday, April 16. Rusch Park in Citrus Heights will host the celebration.

Director/conductor Jerry Lopes promises a varied birthday buffet; Broadway show favorites, jazz, pop, and patriotic numbers will keep his 60 musicians on their mettle.

Soloists include Carmichael singer Susan Skinner.

The event will be staged at the Sunrise Park District indoor facility, 7801 Auburn Blvd. Downbeat is at 7:30 p.m. For more information, visit www.capitolpops.org



Capital Celebration for Capitol Pops

PALM SUNDAY

Children waving palms and singing (joined by our handbell choir) introduce the joyous pageantry of Jesus' entry into Jerusalem. Come help us celebrate.

MAUNDY THURSDAY

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

April 21th

April 24th

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

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





9:55 AM

6:30 PM

CAPITAL VALLEY UNITED SOCCER CLUB



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U15 & U16 Boys: U15 & U16 Girls: U17- U19 Boys: **U17-U19 Girls:**

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Please visit www.capvalleyunited.com to preregister and for information about CVU's programs.



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Carmichael Times

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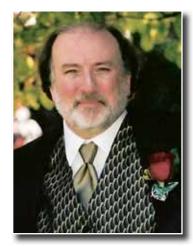
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Publisher, Paul V. Scholl

Carmichael Times is a member of **Messenger Publishing Group**



Carmichael Times

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

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Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN #1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

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We are proud members of these newspaper associations.



Spring Horticulture Class



Master gardeners Caroline Hathaway (left) and Cathy Coutlter attend to sping maintenance at the Fair Oaks Horticulure Center. Classes are scheduled each month at the learning facility. Photograph by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Home gardeners can improve skills and crop yields by attending free monthly chasses at the Fair Oaks

Horticulture Center. Established in 1998, the center

contains two acres of fruit trees, vegetable plots and landscaping designed

"Bucket List Bandit" Still at Large



Surveillance photos of the bank robber. Official FBI photos.

Carmichael - Sheriff's deputies and FBI agents are trying to identify a man who robbed the Bank of the West, 4001 Manzanita Avenue, Carmichael, California, on March 24, 2011. He is described as a white male, 5-foot-8 to 5-foot-10 with a medium build, black and gray hair, and

approximately 48 - 50 years old although he appears older in the surveillance photographs.

The robbery took place at approximately 12:09 p.m. when the suspect entered the lobby of the bank and handed the teller a note demanding cash. After receiving the loot he fled.

He wore a gray pull over sweater with a zipper in the front, tan pants and a blue Tommy Hilfiger baseball hat with gold lettering.

for efficient water use. University of California Master gardeners and vol-

unteers also maintain on-site berry patches, a table grape vineyard and herb plantings. Regular teaching clin-

ics share such skills as pruning, compost making and pest reduction, with

emphasis on using fewer chemicals.

The resource is co-sponsored by

the UC Co-operative Extension,

Sacramento Master Gardeners and the

An April 13 "open garden" (11 a.m.

to 2 p.m.) invites visitors to observe

the masters at work. Crop thinning

techniques will be shared. Green

thumbers may also watch and learn as

expertss prepare plots for new season

On May 21 (8:30 to 11:30 a.m.),

Anyone may attend. The facility is

workshops will share tips on container

Fair Oaks Park District.

vetetable planting.

and trellis growing.

This case is being investigated by the Sacramento Violent Crimes Task Force (SVCTF), comprised of FBI agents and Sacramento County Sheriff's Department Robbery Detectives. Anyone with information regarding this robbery is asked to contact the FBI in Sacramento at (916) 481-9110, the Sacramento Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.





ChiropracticUSA

Attention deficit hyperactivity disorder is one of the most commonly diagnosed conditions in children. And recent research on brain development has uncovered surprising ADHD-related results.

What is ADHD?

Youngsters with ADHD are not simply overly energetic or rambunctious. They have severe difficulty paying attention, can be disruptive and make careless mistakes at school. In addition, it's hard for them to focus and follow instructions.

Children with ADHD lack organizational skills and frequently misplace or lose things. Easily distracted and extremely forgetful, many kids with ADHD can't sit still and fidget constantly.

Over Diagnosis Dilemma

Wellness advocates are concerned that ADHD is grossly over diagnosed and dreadfully over treated. Some experts estimate as many as 15 percent to 20 percent of all youngsters have ADHD. Alarmingly some educators and health- care providers are quick to apply the ADHD label to any active child, and recommend medication- even though these professionals may not be adequately trained in diagnosing the disorder.

> Stimulants and Plenty of them

Stimulant-based treatment for

The Drugless Way to Treat Hyperactivity New Findings about ADHD: The Brain and ADHD

ADHD began in 1937 when a doctor "discovered" that this type of medication produced a calming effect on hyperactive children today a whopping 90 percent of US children with ADHD receive the stimulant medication methylphenidate; Under brand names such as Ritalin, Concerta, metadata, and Daytrana. Today even as ADHD rates in children remain stable, treatment with central nervous system stimulants continues to skyrocket. Usage rates doubled in recent years.

And an increasing number of ADHD kids are receiving additional medications, including anti-anxiety and anti depressant drugs, which may be a dangerous combination.

Brain Alterations

Newer research reveals that stimulants for ADHD may be destructive to overall health. A small Swiss study of 10 young boys taking Ritalin for ADHD found lower blood volume in the parts of the brain where cognitive processing is centered.

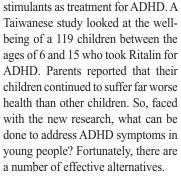
Mood Changes

Some parents try giving their youngsters stimulants only to abandon the treatment because the children seem out of sots, listless, excessively quiet and uninvolved. In essence, they are no longer "themselves." Drug companies admit that stimulants may worsen behavioral disturbances in some children with ADHD.

Cardiac Concerns

Some patients report that ADHD stimulants cause rapid heartbeat or more serious cardiac problems. Most alarming is the possibility of sudden death in children and teens with heart conditions.

Impact on Overall Well-being There is much doubt about



Wellness approach

At Chiropractic USA we look at the levels of the nervous system that may be out of balance and make adjustments to realign the sympathetic nervous system{fight or flight} with the parasympathetic branch. Extensive nutritional analysis and advice is then given to help the child's acid base balance lowering stress. Many children that tested positive for ADHD and were about to begin drug therapy have been dramatically helped without drugs and are now leading a normal daily life. Call us today if you have a child or know someone that has a child with a hyperactive disorder. A nervous system check-up may be the answer you've been looking for to help a child in need. 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

"Creating radiant ChiropracticUSA" health in our community since 1985"

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TAX DAY TEA PARTY Monday, April 18, 2011 • California State Capitol - West Steps 12 Noon until 4 pm

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Join Citizens Reclaiming Constitutional Liberty Pac and the Tea Party United and get useful information on what needs to be done in order to get ready for the 2012 Elections.

These are two groups that don't bash the GOP!!!

For more information: www. CRCLPAC.COM or www.teapartyunited.us

at Fair Oaks Park, south of Madison on Fair Oaks Blvd. User donations are suggested. For information, call (916) 875-6913.

American River Community Church Wonder-Land Christian Pre-School and Day Gare

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

Good Friday

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

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



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RETIREMENT & ASSISTED LIVING



NO MATTER WHAT

Is it overwhelming? Do you think...I'll never make it! We all get there at one time or another, but Lisa Nichols has a way out. Lisa participated in the self-development phenomenon, "The Secret" and the critically acclaimed "Chicken Soup for the African American Soul" book series. Even Oprah listened to her counsel. Now comes "No Matter What" and how you can overcome every obstacle. She hits on nine steps to living the life you love. It's part inspiration, and part perspiration in that you have to be the motivator of yourself. She says you have to flex your "bounce-back" muscles which give you the ability to navigate life's speed bumps. So here's how to build your bounce-back muscles.

1) **DevelopingYourUnderstanding Muscle:** Some gifts come wrapped

POPPOFF! with Mary Jane Popp

in sandpaper

2) **Developing Your Faith-in-Myself Muscle:** Pressing the stop button on your mind's negative chatter.

 3) Developing your Take-Action Muscle: Stop lying on the nail.
4) Developing Your I-Know-Like-I-Know Muscle: God is good. Good

is God. Woo-Hoo! 5) **Developing your honesty Muscle:** Keeping it real.

6) **Developing your Say-Yes Muscle:** Being willing to play full out!

7) **Developing Your Determination Muscle:** Doing What it takes to get to your mountaintop.

8) **Developing your Forgiveness Muscle:** Finding your way back to love.

9) **Developing Your highest Choice muscle:** Meeting your needs from the inside out, and then aiming for the stars.

Lisa realizes that millions are trying to live by the The Secrets Law Attraction, but the truth is it won't work unless you flex these "bounceback" muscles. She explains how anyone can use these muscles to achieve happiness and off-the-charts success. It's a guide that introduces her dynamic plan, and she shares her own remarkable story, and prescribes specific exercises and action steps to inspire readers to learn from their past and move forward toward a courageous future.

I think what impressed me most about Lisa was her agreeing with me that the whole idea of the secret is not to sit back and wait for something to come to you. That's not all there is to the story. Why? Because you'll be dreaming and waiting and waiting and waiting some more for something that can and will elude you all the rest of your life.. You have to get off your duff and do something about your dreams, and that's why she wrote this book.

If you'd like to know more about Lisa, you can go to her website www. Lisa-Nichols.com. I guess if Oprah, Larry King, and Extra listened to what she had to say, then we can take a shot at making a change in our own lives. Her transformational workshops impact the lives of hundreds of thousands of teens and adults. So, no more of that...it's too overwhelming stuff in your life, and more of the I can..."No Matter what!"

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



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:

Yoga Classes on the Hour/Labyrinth/Vendors/ Speakers/Food/Music/Art/Soles4Souls Fundraiser Want to be a vendor or sponsor? **Call Saha Wellness at 916-484-7175. For information visit them online at www.inspiredmedicine.info.**

Carmichael Recreation and Park District is announcing these upcoming events

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

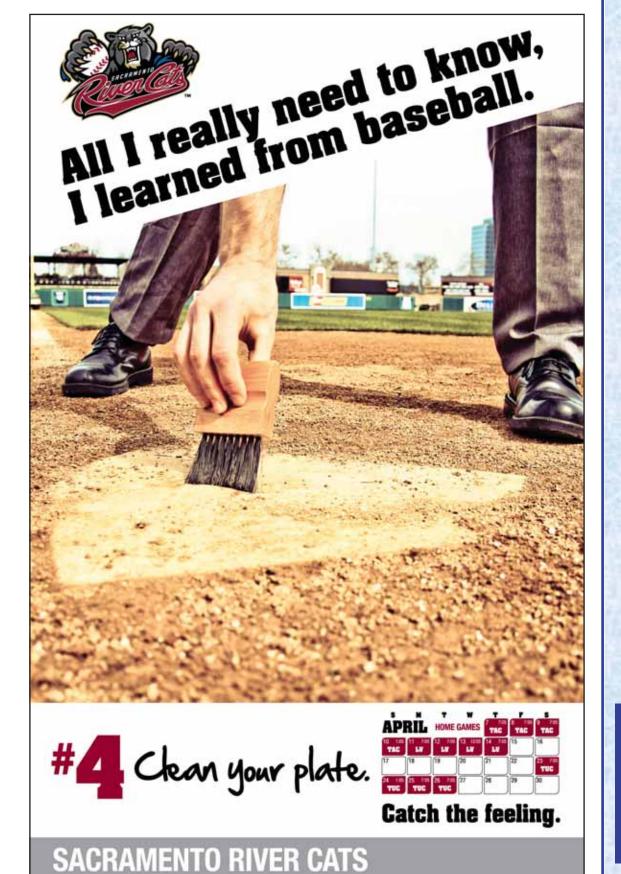




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For the complete game schedule and promotions visit rivercats.com. Tickets available at the Raley Field Ticket Office or ticketmaster.com. Cal 916.371.HITS (4487) for information on season tickets, suites, and hospitality areas.



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A Film Review by Tim Riley

SOURCE CODE (Rated PG-13)

Recall, if you will, "Groundhog Day" in which Bill Murray was forced to relive the same day over and over again until he got it right. That film is one of the classics of American comedy. The same will never be said for "Source Code," which relies on a person repeating, ad nauseam, the same activity on a morning commute to Chicago. For one thing, "Source Code," as a sci-fi thriller, is deadly serious and far too repetitive to sustain a sense of foreboding. Besides, Jake Gyllenhaal, whose character is doomed to recurring time travel, is too one dimensional and has no deft comic touch.

Decorated U.S. Army Captain Colter Stevens (Jake Gyllenhaal) wakes up in the body of an unknown man on a commuter train heading to Chicago. His last memory is that of being shot down in Afghanistan. Now he's seated across from pretty Christina (Michelle Monaghan) who keeps calling him Sean. Disoriented and dressed like the teacher he is now supposed to be, Colter heads to the bathroom and discovers his reflection is the face of another man. Before he can figure out what is happening, the train blows up and he is hurtled back into a contraption that looks like a space capsule.

Locked into a confined space, Colter discovers he's on a

Riley Reviews

"SOURCE CODE" TRAINS ITS THRILLS ON TIME TRAVEL EXPLOITS

special mission and is debriefed by his handlers, Colleen Goodwin (Vera Farmiga) and the mysterious Dr. Rutledge (Jeffrey Wright). Colter finds out that he's been drafted into an experimental program to time travel as a passenger on the train in order to uncover the terrorist plot that involves more than just blowing up a commuter train. His mission is to find the bomb and unmask the perpetrators.

"Source Code" may feel a bit claustrophobic because almost all action takes place on a train headed for Chicago filled with commuters who make this daily trip. The government experiment called the "Source Code" enables Colter to cross over into another man's identity in the last eight minutes of his life. Since he's catapulted from the future, Colter gets to relive the incident on a continuous loop, gathering clues each time, until he can solve the mystery of who is behind the bombs and prevent the next attack.

Naturally, Colter stumbles on plenty of false leads. What's up with the surly commuter who may be moonlighting as a stand-up comedian? The kid with a backpack spends too much time on his cell phone. Is he communicating with fellow plotters? The guy with a swarthy complexion and carrying a briefcase is acting oddly and even his sweating suggests nervous behavior of one up to no good. The tough guy with a laptop seems too preoccupied.

Of course, there are seemingly endless red herrings, otherwise the train wouldn't blow up every eight minutes, over and over again. After awhile, it appears that Colter may not mind so much the endless replay since a budding romance develops with Christina. The astute observer will note that any potential relationship is doomed from a practical standpoint, but this, being a Hollywood movie, demands a more satisfying ending.

Racing against the clock should offer an abundance of suspense and thrills. To some extent, the obstacles placed in Colter's way often result in unexpected excitement. In the end, however, "Source Code" is too mechanical and repetitive in arriving at a conclusion that is predictable and bordering on the slightly monotonous. The film also lacks conviction and credibility in settling upon the identity of the guilty party. I'll hold back from saying more about this for fear of spoiling any surprises.

TELEVISION UPDATE

On the occasion of a trip last December to visit family in New York City, I happened to catch the one-man Broadway show of veteran comedian and actor Colin Quinn. He's been a regular on the comedy show circuit, and his Comedy Central series "Tough Crowd with Colin Quinn" allowed his comedic rants to shine. "Colin Quinn Long Story Short," taped before a live audience for airing on HBO, showcases the comedian's keen observations in an uproarious history of the world, juxtaposing modern-day human behavior with the rise and fall of empires. From his personification of Caesar as the original Italian mobster to his complaints about ancient Greece and Antigone giving way to Costco and Snooki, Quinn is at his satirical best, taking on the attitudes, appetites and bad habits that have toppled the world's most powerful nations. Only someone like Quinn can contrast grocery shopping with territorial disputes and Plato's cave allegory with the World Economic Forum. This is a program not to be missed. "Colin Quinn Long Story Short" premieres on HBO on Saturday, April 9, with some repeat dates throughout the month.

Carmichael Geranium Society Monthly Meeting

May 5th, 10am Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael. Program: *"How to Prepare Plants for Shows"* by a panel of club experts. Call with questions - 916-729-3475

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Senior Helpers Hosts Guest Speakers at Health and Leisure Fair

Sacramento – One of the leading providers of in-home senior care, Senior Helpers, is hosting a booth at the Senior Health and Leisure Fair! Senior Helpers will be educating local seniors and their families about an array of topics when it comes to planning and resources for senior care. Senior Helpers exhibit booth will be co-hosted by Larry Solorio Elder Law Attorney with guest appearances by Rick Buckman, a Veterans Service Officer and Peggy Rossi, Geriatric Case Manager.

Senior Helpers allows adult children to hire a professional caregiver for a few hours a day. The company has locations in 42 states. Licensed Caregivers provide a host of nonmedical services; such as cooking a meal, exercising, taking a client to the doctor's office, running errands, driving them to events or just keeping someone company.

Renowned speakers and experts on elderly care will be on hand to talk about elder care legal advice, estate planning, VA application assistance, geriatric advice, and in-home care/ placement consultation...all in one place! Plus, those in attendance have a chance to win a \$100 gift card at Olive Garden.

Senior Health and Leisure Fair, located at the Holiday Inn/Crowne Plaza I-80 and Madison Ave, Sacramento. The event is Friday, April 15th and Saturday, April 16th

Family caregivers provide the overwhelming majority of long-term care services in the U.S. The primary caregiver spends an average of 20 hours per week caring for the elderly loved one. 80% of caregivers report emotional strain. 60% of caregivers report financial strain and will miss work to care for a loved one. Most seniors in a recent survey say they prefer to live independently. 69% of those turning 65 this year will need some type of long term care.

Senior Helpers connects professional caregivers with seniors who wish to live at home as opposed to a nursing or assisted living facility. The company has nearly 300 franchises in 40 states and one Canadian province offering a wide range of personal and companion care services to assist seniors living independently with a strong focus on quality of life for the client and peace of mind for their families. Senior Helpers strives to be the leading companion and personal care provider that offers dependable, consistent and affordable home care.

Local Families Needed for Exchange Students

Sacramento Region - ASSE International Student Exchange Programs (ASSE) is seeking local host families for international high school boys and girls. These students are 15 to 18 years of age, and are coming to this area for the upcoming high school year or semester. These personable and academically selected exchange students are conversant in English, bright, curious and anxious to learn about this country through living as part of a family, attending

high school and sharing their own culture and language with their newly adopted host family.

The exchange students arrive from their home country shortly before school begins and return at the end of the school year or semester. Each ASSE student is fully insured, brings his or her own personal spending money and expects to contribute to his or her share of household responsibilities, as well as being included in normal family activities and lifestyles.

The students are well screened and qualified by ASSE. Families can choose their students from a wide variety of backgrounds, nationalities and personal interests.

Those persons interested in obtaining more information about becoming a host family should call toll free: 1-800-733-2773. There are many students to choose from, so call - and begin the process of selecting your new host son or daughter today!

United Methodist Church Holy Week Prayers

By Lila Fraizer

Citrus Heights - Holy week, that time between Palm Sunday and Easter, is probably the most sacred time in the Christian year. On Palm Sunday we march in waving palm branches to celebrate Christ's entry into Jerusalem. On Maundy Thursday we remember the Last Supper in the upper room where Jesus and his disciples shared a last meal together. Good Friday services commemorate the final hours

with Christ on the cross and then his entombment. The highlight of the week is on Easter Sunday when we raise our voices in song. Christ is risen, Christ is risen indeed.

Each of these days brings us nearer to our Lord and to an awareness of our need for prayer for ourselves and for all mankind. Our prayers for peace in our world, our nation and our community are much on our minds and hearts at this time.

Citrus Heights United Methodist Church in providing an opportunity this Easter season for all who wish to be a part of a Prayer Vigil on Holy Saturday, that day when Christ lay in the tomb, to pray for peace. The church doors will be open from 7 AM to 7 PM. A handout of prayer helps, scripture references, plus hymnals and Bibles will be available to use. Saturday, April 23, 7833 Highland Avenue, Citrus Heights, 725-6363.

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Carmichael Times Page 7

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8	1	3	2	5	9	7	4	6
6	4	9	7	3	8	1	2	5
7	6	8	9	1	2	5	3	4
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1	2	4	3	7	5	8	6	9

Sudoku Puzzle on Page 6

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Carmichael Times Page 8

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FICTITIOUS BUSINESS NAME STATEMENT #1101201. Doug LaVine, 6936 22nd St., Rio Linda, CA 95673 is doing business under the Fictitious Business Name "Music On The Move DJs & MCs" at 6936 22nd St., Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on Feb. 8, 2011. Publish: March 23, 30, April 6, 13, 2011.

MUSICO 10304 4-13-11 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00099643 WHEREAS, Angelo

Velazquez has filed a petition with this court for a decree changing name of Angelica Karysa Ramirez-Velazquez to Angelica Karysa Velazguez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on April 29, 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 18, 2011. Kevin R. Culhane Judge of the Superior Court

Publish: March 23, 30, April 6, 13, 2011 VELAXQ 10304 4-13-11

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

#34-2011-00099373

WHEREAS, Luster Green Jr. and Keri Green hve filed a petition with this court for a decree changing name of Brenden Kevin Buckingham to Brenden Kevin Green. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on April 29, 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 Carmichae 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 15, 2011. Kevin R. Culhane Judge of the Superior Court Publish: March 23, 30, April 6, 13, 2011.

10304 4-13-11 GREEN



"NOTICE DATE & DAY CHANGE" NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY

interested in the above entitled Notice is hereby given that matter appear before this court at 1:30 p.m. on April 22, 2011 in under and pursuant to Section 1988 of the California Civil Code Dept. 16, located at 720 9th St., the Property listed below believed Room 101, Sacramento, CA 95814 to be abandoned by Jason and show cause, if any, why the Mccomic, whose last address petition for change of name should not be granted. IT IS FURTHER was 4370 Cregan Ct, Rancho Cordova, CA 95670, will be ORDERED that a copy of this Order sold at Public Auction at 4370 to Show Cause be published in the Cregan Ct., Rancho Cordova, Carmichael Times, a Newspaper CA 95670 on Saturday, APRIL of General Circulation, printed in 16, 2011 at 12:00 o'clock P.M. Sacramento County, California, once **DESCRIPTION OF PROPERTY:** a week for four consecutive weeks prior to the date set for hearing on Household Personal Property consisting of but not limited to the petition. Dated: March 8, 2011. TVs & Stand, Sofa, Recliners, Kevin R. Culhane

Bed. Mattresses. Dishes. Stereo. Judge of the Superior Court Hand tools, Radios, Vacuums, Publish: March 30, April 6, 13, 20, Desk, Camping 2011 equip, Helmet, Air compressor CURIAL Nailer, Coffee table, Bike and al SUPERIOR COURT OF

with this court for a decree changing

name of Calaya Etoya Denisa

Dorsey to Calava Denisa Curiale.

IT IS ORDERED that all persons

10305

CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2011-00098896

has filed a petition with this

court for a decree changing

name of Lawrence Renfroe to

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

SacramentoCounty California once

a week for four consecutive weeks

prior to the date set for hearing on

the petition. Dated: March 8, 2011

Publish: March 30, April 6, 13, 20,

10305

NOTICE OF PETITION TO

ADMINISTER

ESTATE OF

PATRICIA E. HOLDEN, aka

PATRICIA E. MAYER

ESTATE NO. 34-2011-00096496

and persons who may be otherwise

both of PATRICIA E. HOLDEN,

aka PATRICIA E. MAYER

Superior Court of California, County

of Sacramento, requesting that

administer the estate the decedent.

to administer the estate under

The petition requests authority

A petition has been filed by

heirs, beneficiaries,

4-20-11

Judge of the Superior Court

Kevin R. Culhane

2011

CURIAL

To all

Lawrence

Rai'Shaun

IT IS ORDERED that all persons

WHEREAS, Lawrence Renfroe

4-20-11

Curiale.

other Items in and on said property. Dated March 31, 2011 Col Tom Frankhouser, Appraiser Auctioneer Publish: April 6, 13, 2011.

Lawnmowers,

SILICO 104-1 4-13-11 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 CA 95819. #280,Sacramento, Filed with the Clerk of Sacramento County on March 18, 2011. Publish: March 30, April 6, 13, 20, 2011 10305 4-20-11 MACDON

> 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, KHAN 10305 4-20-11

SUPERIOR COURT OF CALIFORNIA

the COUNTY OF SACRAMENTO of Estates Act. This will avoid the ORDER TO SHOW CAUSE need to obtain court approval for CHANGE OF NAME many actions taken in connection #34-2011-00098898 with the estate. However, before WHEREAS. Calava Etova taking certain actions, the personal Denisa Dorsey has filed a petition 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

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in Dept. No. 129, at 3341 Power Inn Boad, 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 M. Holden, 8115 is: William Sacramento St., Fair Oaks, CA 95628: 916-967-7950 Publish: April 6, 13, 20, 2011. 10401 4-6-11 HOLDEN

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00100412

WHEREAS, Janet Belcher Browning has filed a petition with this court for a decree changing name of Janet Belcher Browning to Janet Costeena Belcher. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on May 13, 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 creditors, and contingent creditors of copy of this Order to Show Cause be published in the Carmichael interested in the will or estate, or Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior WILLIAM M. HOLDEN in the to the date set for hearing on the petition. Dated: April 1, 2011. Kevin R. Culhane WILLIAM M. HOLDEN be appointed Judge of the Superior Court as personal representative to

Publish: April 6, 13, 20, 27, 2011 BELCHE 10305 4-27-11

FICTITIOUS BUSINESS NAME Independent Administration STATEMENT #1103121. Central Valley Property Network Inc., 9245 Lagun 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. Boom 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 General Circulation, printed of 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,

5-4-11 DHILLO 10402 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2011-00100077 WHEREAS.SarahOlerohasfiled a petition with this court for a decree changing name of Sarah Melanie Olero to Sarah Melanie Alejandro. IT IS ORDERED that all persons interested in the above matter appear before entitled

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. Kevin R Culhane Judge of the Superior Court

Publish April 13, 20, 27, May 4, 2011. ALEJAN 10402 5-4-11



Crossword Puzzle on Page 9



532-2113

All Regal Ads Published in the Carmfchael Thmes









Earth Day Clean-up Cancelled

In last week's e-blast we posted a letter from Supervisor Susan Peters regarding a clean up day coordinated with the American River Parkway Foundation scheduled for Saturday, April 9. We have been informed that this event has been cancelled, due to the high and ever-changing water levels. Instead, plan to join area presidents at Carmichael Park, 5750 Grant Avenue on Saturday, April 16 to help clean up various creeks in Arden-Carmichael. Afterwards, there will be a big celebration at the park. For more information, check out Creek Week web page .

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 maintanence 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.

Free Advertising for Members

You're missing out on an opportunity for FREE advertising if you don't bring in a stack of your business cards to the Chamber office. Walk-ins regularly stop buy and pick up business cards for our Chamber members. Don't miss this opportunity to get your business name in the hands of potential customers. Call Linda at 916-481-1002 to drop them by the office

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



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1. Knightly suit 6. Goes with ands and buts 9. Floor cleaner 12. Lift a hefty load 13. Cul de 16. Popular Indian stringed instrument 17. One from Laos 18. Slow and apathetic 19. Lead on or deceive 21. *Third of three environ-65. Hole-in-one 67. Location of ingredients mental Rs 23. South American tuber 69. To collapse from sur-24. Past participle of "be" prise or exhaustion, Yiddish _ School" starring 70. Buddy Holly's "Peggy 25. " Will Ferrell 28. Acoustic repetition 71. Greek bazaar 72. Preceding month 30. Like a gymnast 73. Make a mistake 35. Camera function 37. Any of the genus 74. Like many children Cannabis 39. Make a jack-o-lantern, e.g. 40. Fairytale giant 41. *"Tree" in Latin 13. Hawa

years ago ... " 9. "Out of _, one" 10. Members of this organization include Iran, Iraq, and Libya 11. Opposite of knit 14. It's come to denote something that's easy 15. Gobbled up 20. Medvedev's retreat 22. Snake-like fish 24. Pompous rant 25. *UV light absorber 26. Nike's swoosh and

51. *"The Omnivore's Dilemma" author 54. Buying option 56. Tributary of Missouri River 57.*_ _-and-trade environmental tool 58. Comics character Little 59. America's best singer? 60. Catcher's gear 61. -do-well 62. Double reed woodwind instrument 63. They got revenge in '84 comedy, sing. 66. Mutt , Ionic, Corinthian

29. His and

McDonald's arches, e.g.

For Solution See Page 8

27.

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Christ Unity Church, Sacramento Presents Renowned Choir Director



Good Friday, April 22nd at 8 PM

Show starts at 8pm at Christ Unity Church 9249 Folsom Boulevard, Sacramento, CA 95826

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Call 916-368-3950 for tickets.

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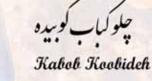
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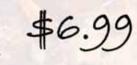
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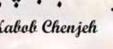


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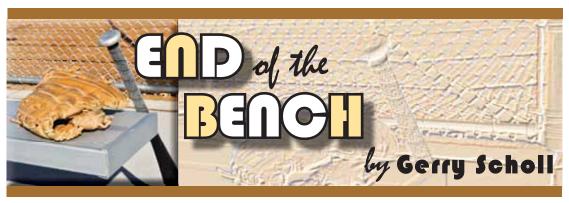
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LIVE WELL AT HOME WITH ESKATON





It's kind of surprising how often and in how many ways the sports world can touch a life in just a day or so.

My better half and I had a chance for a rare weekend overnight getaway-from-it-all retreat. This place we've found has a solid continental breakfast, but few other redeeming features. At the top of the list, though, is the hot tub area and pool—just the thing to relieve the stress, the aches, the pains of the daily grind.

This time I was particularly looking forward to it. My men's softball team had just played the season opener a couple of days earlier, starting the season after just one lousy practice due to all the bad weather. Everything hurt.

So what happened? I walked up to the counter to check in and there was a big yellow notice: SPA & POOL AREA CLOSED FOR REPAIRS. Ouch!! Suddenly, there was a change of plans. We would have just one visit to the hot tub at a nearby athletic club instead of the usual two or three at the motel.

So I clicked through the poor selection of TV channels while we got ready to go to dinner. There was Raymond as always. There were race cars turning left, rodeo, soccer, The Masters with Tiger Woods on camera again (I can hardly stand to look at the guy anymore), women's tennis with Caroline Wozniacki (can I look at her?), and no Giants game! We were quickly off to dinner.

I tuned in the Giants on the radio on the way back. As we parked Miguel Tejada was at the plate. "I'm cold, I want to go in." "We can't go now, they're down to the last out." "But I can go." "Wait! They're down to the last strike!" Two on, two out, two strikes and down by a run. Tejada doubles in both runners to win it. "See. I'm sure glad he didn't strike out!" "You should be."

In the morning we hit the breakfast room and as we walked in there were a couple of overgrown knuckleheads talking baseball— some local youth tournament. They were bragging on some coaches who were teaching their players to screw around getting to the plate, and to step out and into and out and into the batter's box repeatedly between pitches to disrupt the pitcher, and to chirp at the other team incessantly from the dugout to upset their players. "It really works!," one said.

"I never coached that way," I said to my wife. "How about teaching respect for the game and respect for your opponent. How about teaching them to win by teaching them how to be better." I'm sure I said that loud enough to be heard.

Then we were off to the club. Before hitting the spa my partner was off to the treadmill and I grabbed a basketball to shoot around. It had been a long time, but it didn't go as horribly as I thought it might. I was best at my old favorite spots around the top of the circle. And I'll tell you something- that three-point arc is too short if a rusty old timer can walk in and bury shots like I did. I wish they had the three in my playing days- it would've added three or four points to my average. That all didn't last very long before we were on to the hot tub for some welcomed relief.

Going into the weekend I was struggling for a theme for this week's edition. I thought I'd just clear my head for a couple of days and get back to it on Monday. So sports infiltrated my weekend activities softball soreness, a brief assortment of viewing options, a quick audio Giants experience, a little coaching critique, shooting a little hoop and a few flashbacks to the days of my youth.

So I left town with nothing and came back with this nonsense. Whatever works.



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