

# Carmichael Times



**Carmichael Oaks  
Receives Award  
for Alzheimer's  
Memory Walk**

Page 2



**The Drugless  
Way to Treat  
Hyperactivity:  
New Findings  
about ADHD**

Page 3



**Riley Reviews:  
"Source Code"  
Trains its Thrills  
on Time Travel  
Exploits**

Page 5

Change Service Requested  
PRESORTED STD.  
US POSTAGE  
PAID  
PERMIT 350  
Carmichael, CA

Volume 31 Issue 15

Serving Carmichael and Sacramento County since 1981

April 13, 2011

## 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.

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. "Idiot's 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-a-year 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.

## 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,



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 14th, Carmichael Recreation & Park District and Saha Wellness 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

be a labyrinth made from donated shoes from Soles4Souls Fundraiser, (bring shoes that day). Attendees will also enjoy live music, organic food, many speakers, beautiful art and much more!

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 at [www.inspiredmedicine.info](http://www.inspiredmedicine.info).

## 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 reporting rule, 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](http://www.NFIB.com/newsroom).

Save with  
Daily Grocery  
Coupons at  
**Carmichael  
Times.com**

### 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.

# 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.

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](http://www.carmichaeloaks.com).

**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

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

# Capital Celebration for Capitol Pops



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](http://www.capitolpops.org)

# The Chateau at Carmichael Park Hosts Dementia Care Support Group

**Carmichael** - Spouses, family members and friends who are providing care to seniors with memory loss are encouraged to participate in a dementia support group at the Chateau at Carmichael Park, beginning at 10:00 a.m. on Thursday, April 14th. Linda Zisko, director of The Club Memory Day Care program, facilitates the group.

The community, managed by

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 living along with The Garden Memory Care and The Club Memory Day Care.

The support group will continue to meet the second Thursday of each month to offer family care providers

with encouragement, education, resources and caregiving guidance.

While caregivers attend the support group, their loved ones can participate in The Club Memory Day Care program at no charge. Space is limited, however, and reservations are required. For reservations, directions or information about the Chateau at Carmichael Park, call 916-481-7105.

## Easter

### At Northminster

April 17<sup>th</sup> - 24<sup>th</sup> 2011

<b>PALM SUNDAY</b>	<b>April 17<sup>th</sup> 9:55 AM</b>
Children waving palms and singing (joined by our handbell choir) introduce the joyous pageantry of Jesus' entry into Jerusalem. Come help us celebrate.	
<b>MAUNDY THURSDAY</b>	<b>April 21<sup>st</sup> 6:30 PM</b>
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.	
<b>GOOD FRIDAY</b>	<b>April 22<sup>nd</sup> 7:00 PM</b>
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 <i>Tenebrae</i> service.	
<b>EASTER SUNDAY April 24<sup>th</sup></b>	
<b>Early Son-Rise Service</b>	<b>7:00 AM</b>
Hear our youth praise band at this very inspirational service.	
<b>Traditional Service</b>	<b>9:55 AM</b>
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.	
<i>Northminster Presbyterian Church</i>	
3235 Pope Avenue (between Watt and Fulton) Jack Raymore, Pastor (916) 487-5192	

# THANK A VETERAN TODAY

## Carmichael Times

CALL 773-1111 TO ADVERTISE

## CAPITAL VALLEY UNITED SOCCER CLUB

### Tryouts for Select and Competitive Soccer Players

### Boys and Girls Ages U15-U19

### APRIL 16th

**Location: EL CAMINO HIGH SCHOOL**

<b>U15 &amp; U16 Boys:</b>	<b>8:30am - 10:00am</b>
<b>U15 &amp; U16 Girls:</b>	<b>10:30am - 12:00pm</b>
<b>U17- U19 Boys:</b>	<b>12:30pm - 2:00pm</b>
<b>U17-U19 Girls:</b>	<b>2:30pm - 4:00pm</b>

Please visit [www.capvalleyunited.com](http://www.capvalleyunited.com) to preregister and for information about CVU's programs.

## El Papagayo

### Restaurant and Catering

**The most authentic Mexican food you can find**

<b>Tues &amp; Thurs - \$3 Margaritas</b>	<b>3-6 pm</b>
<b>Wed &amp; Sun - \$6 Pitchers of Beer</b>	<b>3-6 pm</b>

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

**916-487-7742**

Call ahead to place your order!

**Publisher, Paul V. Scholl**

# Carmichael Times

"Written by the people and for the people"

Serving Carmichael and Sacramento County since 1981

Advertising Sales: Paul V. Scholl • Perry Hartline • Marion Solo • A.J. Bachman • Ken Pogue • Max H. Peters • Lisa Taylor

Graphics & Layout: Tandra Banerjee

Contributing Writers: Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly • David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton • Dr. Bob Graykowski • Julie Parker • Andrew DeFazio • Eric Marks • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer • David Graulich • Perry Hartline • Gerry Scholl • Trish Tatterson

Distribution Assistant: Gabriel Scholl

Accounting: Nicholson & Olsen CPA

Web Master: RJ at thesitebarn.com • JWS Promotions • Mikahn Design

News Services: Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire • North American Precip Syndicate • Blue Ridge Press • ARA Content Family Features • WorldNetDaily

Photography: Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.

Carmichael Times is a member of Messenger Publishing Group

MPG

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Publisher@CarmichaelTimes.com](mailto: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.

# Spring Horticulture Class



Master gardeners Caroline Hathaway (left) and Cathy Couttler attend to spring maintenance at the Fair Oaks Horticulture 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 classes at the Fair Oaks

Horticulture Center.

Established in 1998, the center contains two acres of fruit trees, vegetable plots and landscaping designed

for efficient water use. University of California Master gardeners and volunteers also maintain on-site berry patches, a table grape vineyard and herb plantings. Regular teaching clinics 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 Fair Oaks Park District.

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 thumbs may also watch and learn as experts prepare plots for new season vegetable planting.

On May 21 (8:30 to 11:30 a.m.), workshops will share tips on container and trellis growing.

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

# The Drugless Way to Treat Hyperactivity

## New Findings about ADHD: The Brain and ADHD



Dr Bob Graykowski



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

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, metadate, 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 patients 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

stimulants as treatment for ADHD. A Taiwanese study looked at the well-being of a 119 children between the ages of 6 and 15 who took Ritalin for ADHD. Parents reported that their children continued to suffer far worse health than other children. So, faced with the new research, what can be done to address ADHD symptoms in young people? Fortunately, there are a number of effective alternatives.

### 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

# "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.

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.

# TAX DAY TEA PARTY

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

RECLAIM AMERICA,  
UNITED and TEA PARTY  
UNITED  
featuring Chuck DeVore,  
Senator Doug LaMalfa  
and many more!

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

# American River Community Church

Wonder-Land Christian Pre-School and Day Care

3300 Walnut Avenue, Carmichael

916-483-3465

www.arcconline.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"**

- Spinal correction specialist
- Custom exercise instruction
- Family wellness plans
- Sports injury specialist
- Carmichael chamber business person of the year 1995.

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)

**Dr. Bob Graykowski • 5909 Stanley Avenue, Suite A  
Carmichael, CA 95608 • (916) 973-1661  
Chiropractic-usa.com  
Join our Facebook Fan Page - Chiropractic USA**


## Free Adult Education Classes

**Free Adult Education**  
All classes are designed for seniors of all ages.


- Tai Chi
- Arthritis Stretch
- Weight Lifting

**Inner Art Classes for Seniors**  
Classes allow you to nurture your creative you! Four one-hour classes monthly.

Live classical music weekly.




*Please Call Cathy Reuter for a Class Schedule!*



**MERRILL GARDENS**  
AT CITRUS HEIGHTS  
*A one of a kind retirement community*

**(916) 725-7418**  
7418 Stock Ranch Rd • Citrus Heights, CA 95621  
www.merrillgardens.com



License #347001020

**RETIREMENT & ASSISTED LIVING**



# POPOFF!

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 "bounce-back" 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 KAHN Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.

## 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) **Developing Your Understanding Muscle:** Some gifts come wrapped

**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](http://www.cypressavenue.org)

**Carmichael RECREATION AND PARK DISTRICT**

*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](http://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.

**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](http://www.carmichaelpark.com)

**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](http://www.inspiredmedicine.info).

**Just In!**  
 Spring & Summer Activity Guide 2011

## Senior Dental Care

**We Offer a Variety of Procedures!**

- Dentures
- Laser Dentistry
- Conscious Sedation
- Implants
- Whitening
- Crowns

**15% OFF Senior Discount**

**Call for FREE consultation today!**

**Carmichael Dental Group**

8329 Fair Oaks Blvd., Suite B  
 Carmichael, CA 95608  
**916-944-7700**

**[www.carmichaelCADentist.com](http://www.carmichaelCADentist.com)**

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

**#4 Clean your plate.**

APRIL	HOME GAMES	TAC	TAC	TAC
10	TAC	11	LF	12
13	LF	14	LF	15
17	18	19	20	21
22	23	24	25	26
27	28	29	30	

**Catch the feeling.**

SACRAMENTO RIVER CATS

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



A Film Review by Tim Riley

# Riley Reviews

“SOURCE CODE” TRAINS ITS THRILLS ON TIME TRAVEL EXPLOITS

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

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



Donate. Shop.  
Give back.

WEAVE Thrift operations have consolidated and expanded at the WEAVE Thrift Arden location. *Now open 7 days a week!*

**WEAVE Thrift Arden:**  
2401 Arden Way  
Sacramento, CA 95825  
Phone: 916.643.4606  
Fax: 916.643.4647

**Hours of Operation:**  
Monday - Saturday: 10 am to 6 pm  
Sunday: Noon to 5 pm

Present coupon and receive  
**50% Discount**  
on highest priced item in your purchase  
*Some Exclusions Apply*


See You Soon!

**Let The Doctor Come To You!**

**STIRTON MOBILE CHIROPRACTIC**

*Sacramento’s premier mobile chiropractor brings his highly effective techniques and expertise to you at your home or place of business at your convenience.*

*He uses diversified, Constead, SOT, toggle, and activator techniques to restore both spine and extremities to their full function.*



**Relief Is Just A Call Away!**

Serving Sacramento and surrounding areas, this caring doctor is available when most are not: 8 a.m. to 8 p.m. Monday thru Friday; and weekends and after hours by appointment. Deaf and hearing impaired are welcome.

**Business Owner Benefits:**

Increase employee production and satisfaction by providing regular chiropractic check-ups and fine tune them for high performance. Healthcare benefits for you and your employees are tax deductible.

**James L. Stirton DC**  
Sacramento Area’s Mobile Chiropractor  
(916) 825-3140 jimstirtondc@comcast.net

Licensed, Bonded and Insured for Your Protection

*The Company that Cares*

Call us today for a NO OBLIGATION estimate!!!



Since 1988

(916) 955-6089

Home • Office • Window Washing • Carpet Cleaning

**\$50** Retail Value

**Try us for FREE!!!**

This certificate entitles YOU to (2) HOURS of professional house cleaning by our team of professionals.

REDEEMED this \_\_\_\_\_ day of \_\_\_\_\_, 2010-11

Bearer: *Sylvia Bombr* HouseCleaners, LLC  
Owner & Manager

Redeemable with the purchase of a minimum of (4) four hours of professional house cleaning services.  
eMail: sachousecleaners@hotmail.com • Web: www.HouseCleanersAndMore.com

**Thinking of Changing Banks?**

✓ Check the El Dorado Advantage

- ✓ FREE Value Checking
- ✓ FREE Senior Checking with Interest
- ✓ FREE Direct Payroll Deposit Checking
- ✓ FREE VISA Check Card
- ✓ FREE Internet Banking with Check Images
- ✓ FREE Online Bill Payment
- ✓ FREE Telephone Banking
- ✓ Interest Checking
- ✓ Business Checking
- ✓ Investors Money Market Checking
- ✓ Gold Money Market Savings
- ✓ Purchase & Refinance Loans
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- ✓ Friendly, Personal Service at No Extra Charge
- ✓ 35 ATMs at El Dorado Branches
- ✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the SAFEST and STRONGEST Banks in the U.S. Since 1993
- ✓ In 2010, we completed our 22nd consecutive year without any foreclosed properties on our books



Serving our local communities for over 53 years

**www.eldoradosavingsbank.com**

Member **FDIC** CARMICHAEL  
4701 Manzanita Ave. • 481-0664



# 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 non-medical 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 hand-out of prayer helps, scripture references, plus hymnals and Bibles will be available to use. Saturday, April 23, 7833 Highland Avenue, Citrus Heights, 725-6363.

**Advertise Here at Low Monthly Rates**  
**Call 773-1111**

**Home Shows**  
**Fundraisers**  
**Benefits**  
**Supporting Community & the American Cancer Society**

**Gurrlie Girl™**  
*Faith, Fashion and Fun*

**Trish Tatterson**  
*Independent Fashion Coordinator*

**(916) 261-7944**

<http://trish.tatterson-appel.gurrliegirl.com>  
[trish.tatterson\\_appel@hotmail.com](mailto:trish.tatterson_appel@hotmail.com)

**ALTERATIONS**  
*by Patina*

**SPECIALIZING IN BRIDAL & FORMAL**  
11082 Coloma Rd., Suite 7  
Coloma Village Shopping Ctr. • Rancho Cordova

**(916) 853-1078**  
[WWW.ALTERATIONSBYPATINA.COM](http://WWW.ALTERATIONSBYPATINA.COM)

**RUSS MONROE'S**  
**FUNERALS & CREMATIONS**

FD 1404

7960 WINDING WAY  
FAIR OAKS, CA 95628

Tel (916) 9611265  
Fax (916) 9612430

**State Farm**

**What do you want from your career?**  
**How about recognition?**  
**New challenges and success?**  
**You'll find it all with a career at State Farm.**  
**With agents all across California you can find it close to home!**

LEARN MORE BECOME THE NEXT STATE FARM AGENT  
[www.MyAgencyCareer.com](http://www.MyAgencyCareer.com)

**Fall Northeast Passage Cruise and Tour**

**14 Days from \$1399\***  
**Departs October 7 & 9 in 2011**

Discover the history, culture and color of the Northeast! Board MSC's Poesia in New York then explore the New England coastline in white glove service. Visit Halifax, Sydney, Charlotte-town, and Prince Edward Island. You'll cruise the St. Lawrence River before disembarking in Quebec City. Enjoy Montreal, then gaze at the colors of fall as you travel to Boston. Discover Cape Cod, Plymouth, and Newport before returning to New York. Includes all accommodations, meals onboard ship, sightseeing and more! Explore the Northeast with YMT Vacations.

\*PRD, plus \$299 tax, service and gov't fees. Based on Inside Cabin (Cat. 1). Upgrades available. Air add-on available.

**Call for details! 1-888-817-0471**

**YMT Vacations**  
It's time to travel

Promo Code: TN11578

Do You have **Macular Degeneration?**

Find out if telescopic glasses, microscopic glasses or prismatic glasses can help you see better.  
Call for a FREE phone consultation with Dr. Shuldiner.

**Richard J. Shuldiner, OD, FAAO**


**Toll Free: 888-610-2020**

practicing low vision optometry for over 30 years  
[www.LowVisionCare.com](http://www.LowVisionCare.com)

**Is your IRA or CD paying you 15%?**  
**If not, call us! (800)757-4168**

- Secured with 1st trust deed
- Up to 12 months deposit
- Interest paid monthly

First Capital Group, Inc.  
580 California Street, 16th Floor  
San Francisco, CA 94104  
[FirstCapitalGroup.com](http://FirstCapitalGroup.com)



**DID YOU EVER NOTICE THAT DOGS HAVE THEIR OWN SPECIAL WAY OF GETTING YOUR ATTENTION?**

associatednews.us

Bygley © 2011

**Have you been injured by a KNEE REPLACEMENT?**

If you have experienced serious problems with your Knee Replacement, the law firm of **Weitz & Luxenberg** is interested in speaking with you. We are currently representing individuals who have been implanted with certain knee implant components.

We have clients needing knee revisions due to loosening of the Zimmer NexGen CR-Flex Porous Knee system.

In the study presented at the American Academy of Orthopaedic Surgeons in 2010, certain cementless High-Flex Femoral Components have experienced a high incidence of failure with 36% being loose and 9.3% having required revision surgery or impending revision for painful loosening. The authors of the study have stressed that "this component is still commercially available but should not be used for any patient."

Additionally, Zimmer Inc. recently, on Sept. 15, 2010 issued a recall of certain lots of the LPS Flex Gender Femoral Component due to its failure to conform to specifications.

Contact us immediately if you have been implanted with the aforementioned Zimmer Inc. components and have experienced any of the following:

- Knee Replacement Failure
- Revision Knee Surgery
- Painful loosening of the Knee Replacement

**Weitz & Luxenberg** can help you understand your legal options. We are one of America's largest trial law and products liability law firms representing thousands of injured persons with total verdicts and settlements in excess of \$3 Billion. For a free consultation please call us today at 1-888-411-LAWS (5297).

**WEITZ & LUXENBERG P.C.** LAW OFFICES  
ASBESTOS • DRUGS/MEDICAL DEVICES • ENVIRONMENTAL • NEGLIGENCE

700 BROADWAY • NEW YORK, NY 10003  
BRANCH OFFICES IN NEW JERSEY, CALIFORNIA & COLORADO  
1.888.411.LAWS • [www.weitzlux.com](http://www.weitzlux.com)

ATTORNEY ADVERTISING. Prior results do not guarantee a similar outcome.  
CA W8W AUC LIC 15248201. BUYERS PREMIUM MAY APPLY.

We are also investigating **DEPUY ASR® HIP INJURIES & FOSAMAX FEMUR FRACTURES**

**real estate auctions**

**70+ California Home Auctions Begin Apr 15<sup>th</sup>**

Please visit [williamsauction.com/april](http://williamsauction.com/april) for details

**951 Vista Dr, McKinleyville**

**Ken Switzer, Broker, Lic.# 261559**  
CA W8W AUC LIC 15248201. BUYERS PREMIUM MAY APPLY.

**WILLIAMS & WILLIAMS**  
worldwide real estate auction  
800.801.8003


**OLD MOVIE POSTERS WANTED!**

- Fair market prices paid for 1890's-1960's Movie Posters.
- Buying all sizes, any condition.
- IMMEDIATE PAYMENT.
- We'll be in your area for a limited time - call Toll Free TODAY!

Also buying Live Music posters and old photograph collections.  
**Free Appraisals. - We're friendly and fair.**

**CINEMA ARCHIVES ~ 800-648-1184**

**SUDOKU**  
PRESENTED BY



**VolunteerMatch.org**  
Where volunteering begins.

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

© StatePoint Media / SPXZ  
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.  
Come back every week for Sudoku!  
For Solution See Page 7.

**Have you suffered a thigh bone/femur injury?**  
**Attention FOSAMAX® VICTIMS**

Recent studies have indicated that use of the osteoporosis medicine Fosamax® can lead to fractures in the femur – the hip bone. These fractures can occur in low-impact situations, such as when stepping down stairs or even just falling from a standing height or less. This significant risk has been recently added to the Warnings and Precautions section of the label.

If you or your loved one has suffered a HIP fracture after taking Fosamax® it is your best interests to investigate your legal rights for possible compensation!

Weitz & Luxenberg can help you understand your legal options. We are one of America's largest trial law and products liability law firms representing injured persons with total verdicts and settlements in excess of \$3 Billion, and are committed to represent your interests aggressively and professionally. Our leadership experience in such national litigations as asbestos injuries, defective medical products and medicines, environmental toxic torts and others has given thousands of clients the confidence to entrust us with their most serious legal issues.

For a free consultation please call us today at **1-888-411-LAWS (5297)**.

**WEITZ & LUXENBERG P.C.** LAW OFFICES  
ASBESTOS • DRUGS/MEDICAL DEVICES • ENVIRONMENTAL • NEGLIGENCE

700 BROADWAY • NEW YORK, NY 10003  
BRANCH OFFICES IN NEW JERSEY, CALIFORNIA & COLORADO  
1.888.411.LAWS • [www.weitzlux.com](http://www.weitzlux.com)

ATTORNEY ADVERTISING. Prior results do not guarantee a similar outcome.  
We may associate with local firms in states where we do not maintain an office.

We are also investigating **ZIMMER NEXGEN CEMENTLESS KNEE INJURIES**

**GET CASH NOW!**  
**1-866-FUND-108**

Get cash for your structured settlement or annuity payments.  
High payouts. Rated A+ by the Better Business Bureau.

**J.G. WENTWORTH™**

[www.jgwentworth.com](http://www.jgwentworth.com)

**Go Painlessly™**



**Thera-Gesic® Pain Cream**  
It Really Works...Compare and SAVE.

For Real Pain Therapy...



Legal Advertising Hotline
916-532-2113
Legal Advertising Fax
916-773-2999

LEGAL ADVERTISING

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

Legal Advertising
P.O. Box 14
Carmichael, CA 95609

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

"NOTICE DATE & DAY CHANGE" NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY Notice is hereby given that under and pursuant to Section 1988 of the California Civil Code the Property listed below believed to be abandoned by Jason Mccomic, whose last address was 4370 Cregan Ct, Rancho Cordova, CA 95670, will be sold at Public Auction at 4370 Cregan Ct., Rancho Cordova, CA 95670 on Saturday, APRIL 16, 2011 at 12:00 o'clock P.M. DESCRIPTION OF PROPERTY: Household Personal Property consisting of but not limited to TVs & Stand, Sofa, Recliners, Bed, Mattresses, Dishes, Stereo, Hand tools, Radios, Vacuums, Lawnmowers, Desk, Camping equip, Helmet, Air compressor, Nailer, Coffee table, Bike and all other items in and on said property. Dated March 31, 2011. Col Tom Frankhouser, Appraiser Auctioneer Publish: April 6, 13, 2011. SILICO 104-1 4-13-11

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. CURIAL 10305 4-20-11

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 4-6-11

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 Sameer 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 Alajandro. 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. 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

WHEREAS, Angelo Velazquez has filed a petition with this court for a decree changing name of Angelica Karysa Ramirez-Velazquez to Angelica Karysa Velazquez. 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 have filed a petition with this court for a decree changing name of Brendan 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 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 15, 2011. Kevin R. Culhane Judge of the Superior Court Publish: March 23, 30, April 6, 13, 2011. GREEN 10304 4-13-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00099373 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

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

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 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: April 1, 2011. Kevin R. Culhane Judge of the Superior Court Publish: April 6, 13, 20, 27, 2011. BELCHE 10305 4-27-11 FICTITIOUS BUSINESS NAME 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,

LEGAL ADS FOR SACRAMENTO COUNTY? We Can Do That! Call to place your legal advertising 532-2113 All Legal Ads Published in the Carmichael Times



Business & Service Directory

MEDICAL SUPPLY AND EQUIPMENT AM DS Medical Supply Sales • Rental • Installation • Delivery Tel/Fax: (916) 485-2500 www.amdmmedsupply.com 3108 Arden Way, Sacramento, CA 95825

LEGAL SERVICES BONES LAW FIRM Gordon G. Bones Attorney at Law 4811 Chippendale Dr., Suite 307, Sacramento, CA 95841 P: 916.965.6647 F: 916.965.4218 gbones@boneslawfirm.com

PLUMBING Swift Plumbing and Drain Cleaning Services Residential Repairs & Replacements Faucets, Disposals, Hot Water Heaters, etc. (916) 267-7649

CONSTRUCTION W. G. JOHNSON CONCRETE CONSTRUCTION We specialize in: All Concrete Solutions Commercial Curb & Gutter Wheelchair Ramps & Residential Class: C-8/C61/D49 • License #905277 www.wgjohnsonconcrete.com Phone: (916) 704-8997 Fax: (916) 944-0195 Ask for Wes • 10% senior discounts Tree Services Also Available

HANDYMAN Right-Way Home and Yard Repair and Maintenance 916-220-1728

CONSTRUCTION Western Construction Company Serving Northern California since 1976 All Home Repairs & Home Inspections Remodels, Roofing, Drywall, Painting, Tile Concrete, Fencing, Electrical, Landscaping (916) 817-0225 (916) 838-1427

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

PHOTO STUDIO PICTURE TIME Photo Restoration Passport/ID Photo (916) 726-8801 7050 Sunrise Blvd. Citrus Heights (Near Hometown Buffet)

PHOTO RESTORATION Restore Old Photographs Share memories of special places and times with your family. (916) 483-6051 Laws Studio, Crestview Center Manzanita at Winding Way in Carmichael

ADVERTISE HERE AT LOW MONTHLY RATES CALL 773-1111

INTELLIGENCE & PERSONALITY TESTS SCIENTOMETRIC TESTING FREE LIMITED TIME OFFER THE SACRAMENTO TESTING CENTER OFFERS FOR A LIMITED TIME, FREE INTELLIGENCE AND PERSONALITY TESTS. YOUR IQ, PERSONALITY AND ATTITUDE DETERMINE YOUR FUTURE. KNOW THEM. NO OBLIGATIONS. 825 15TH STREET SACRAMENTO, CA 95814 (916) 448-5891

POOL SERVICE Greg the Pool Guy Service • Repair • Sales Prompt and Reliable 671-6284

HOUSECLEANING SERVICE Experienced Hardworking OWNER OPERATOR Supplies Furnished, Detail Oriented, Affordable Rates. Call Today Madeline (916) 723-1608

DOG RESCUE DOG RESCUE Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com

PAINTING/REPAIR McDonald Painting Interior - Exterior Most Small Repairs Bonded - Insured Lic # 632538 30 YEARS EXPERIENCE C: 216-2080 F: 967-4135

HANDYMAN QUALITY LABOR & MAINTENANCE Yard Work, Hauling, Gutter Clean, Odd Jobs You Name It! (916) 613-8359

"Handy Man" "Carpenter Dave" 25 Years Experience • All Home Repairs (916) 548-8249 Lic. # 629370

OPEN YOUR HEART OPEN YOUR HEART AND HOME Step up to the challenge! Have experience working with developmentally disabled adults and/or challenging behaviors? Have an extra bedroom? Competitive stipend MAKE A DIFFERENCE! For More Information: (916) 383-9785 ext. 15

HELP ANIMALS SPCA THRIFT SHOP The Real Non-Profit Helpless Animals Need Your Donations Will Pick Up Call 916-442-8118 1517 E Street for donations 10-4pm



STATEPOINT CROSSWORD • THEME: EARTH DAY

CROSSWORD													
1	2	3	4	5		6	7	8		9	10	11	
12						13				14		15	
16						17				18			
	19				20			21	22				
			23				24						
25	26	27		28		29		30		31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48					49		50			51		52	
					53		54			55		56	
57	58	59	60					61			62	63	
64						65	66			67			68
69						70				71			
	72					73				74			

PRESENTED BY



**VolunteerMatch.org**  
Where volunteering begins.

© StatePoint Media / SPXZ

CLUES

- ACROSS**
- 1. Knightly suit
  - 6. Goes with ands and buts
  - 9. Floor cleaner
  - 12. Lift a hefty load
  - 13. Cul de \_\_\_\_
  - 14. \_\_\_\_ New Guinea
  - 16. Popular Indian stringed instrument
  - 17. One from Laos
  - 18. Slow and apathetic
  - 19. Lead on or deceive
  - 21. \*Third of three environmental Rs
  - 23. South American tuber
  - 24. Past participle of "be"
  - 25. "\_\_\_\_ School" starring Will Ferrell
  - 28. Acoustic repetition
  - 30. Like a gymnast
  - 35. Camera function
  - 37. Any of the genus Cannabis
  - 39. Make a jack-o-lantern, e.g.
  - 40. Fairytale giant
  - 41. "Tree" in Latin
  - 43. Hawaiian feast
- DOWN**
- 1. \*National gardening organization, acr.
  - 2. Interpret writing
  - 3. Stud's companion
  - 4. Convex molding
  - 5. \*First of three environmental Rs
  - 6. \_\_\_\_ of Man
  - 7. It oversees airline industry
  - 8. "Four \_\_\_\_ and seven 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 McDonald's arches, e.g.
  - 27. \_\_\_\_ Ionic, Corinthian
  - 29. His and \_\_\_\_
  - 31. Tom, as opposed to Tabby
  - 32. Forcefulness
  - 33. Avoid, as in taxes
  - 34. \*Second of three environmental Rs
  - 36. \_\_\_\_ Verde National Park
  - 38. Jumping stick
  - 42. Pink or reddish makeup
  - 45. Artificial substitute
  - 49. Avocado center
  - 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
  - 68. Put or place

For Solution See Page 8



# Carmichael Chamber of Commerce

## 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 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.

### 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

**The German Deli**  
German Meats • Imported Beer & Wine • Catering

5859 Auburn Boulevard  
Sacramento, CA 95841

www.sacgermandeli.com  
sacgermandeli@sbcglobal.net

Ask about our  
**Mail Order Service!**  
**(916) 349-9493**

www.CarmichaelTimes.com

Christ Unity Church, Sacramento  
Presents

**Rickie Byars Beckwith**  
Renowned Choir Director

Join us for a Rousing Rhythmic Celebration  
of Joy and Praise and the First Anniversary  
of Reverend Kevin Kitrell Ross' Installation

Good Friday, April 22nd at 8 PM

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

Tickets: \$35 General Admission,  
\$25 Students and Seniors,  
\$50 Premium seating,  
\$100 VIP Sections  
includes reception and CD

Call 916-368-3950 for tickets.

**TAK Food Market**  
9045 Fair Oaks Blvd.  
(Corner of San Juan & Fair Oaks)  
Call and Order Ahead of Time for Faster Service  
**944-3188**

	چلو کباب کویدیه <i>Kabob Koobideh</i>	\$6.99
	جوجه کباب <i>Joozeh Kabob</i>	\$4.99*
	کباب چنجه <i>Kabob Chenjeh</i>	\$10.99
	کباب شیشلیک <i>Kabob Shishlik</i>	\$12.99
	سبزی پلو ماهی <i>Sabzi Polo Mahi</i> Salmon (Flux. only)	\$12.99

\* Limited Time Special: April-May 2011 Only



**FREE HEALTH FAIRE**  
 April 29, 2011 • Friday, 8-11am  
 50+ Vendors • Health Screenings • Door Prizes  
**972-0336**  
[www.morpd.com](http://www.morpd.com)

**MISSION OAKS COMMUNITY CENTER**

**Extended Tours**

- *Islands of New England*  
September 16-23, 2011 • \$2,275 pp double
  - *British Landscapes*  
October 6-15, 2011 • \$3,549 pp double
  - *Branson Musical Holiday*  
December 1-5, 2011 • \$1,749 pp double
- 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](http://www.morpd.com).

**Luxury Motorcoach**

- *Perfume and Garden Tour*  
April 27, 2011 • Healdsburg • \$117/person
- *The Full Monty*  
Wednesday, May 18, 2011 • Jamestown • \$117/person  
Performance, lunch & transportation
- *Boeing-Boeing, a Nonstop Comedy*  
Wednesday, June 8, 2011 • Jamestown • \$117/person  
Performance, lunch & transportation



*Free Spring Vegetable Clinic*  
**Thursday, April 14**  
 9-11am pre-registration required!

**FACILITY RENTALS**



*Parties Weddings*  
*Banquets Meetings*  
**Mission Oaks Community Center**  
 Call 972-0336  
*Affordable Prices*

**MISSION OAKS RECREATION & PARK DISTRICT**  
 Office Hours: 8 am-5 pm  
 Registration Hours:  
 8:30am-4pm Monday-Friday  
[www.morpd.com](http://www.morpd.com)

**DISTRICT OFFICE**  
 (916) 488-2810 • Fax (916) 488-4349  
 3344 Mission Ave., Carmichael CA 95608  
**MISSION OAKS COMMUNITY CENTER**  
 (916) 972-0336 • Fax (916) 972-7371  
 4701 Gibbons Dr., Carmichael CA 95608  
**SWANSTON COMMUNITY CENTER**  
 (916) 333-6464 • Fax (916) 488-4349  
 2350 Northrop Ave., Carmichael CA 95825

**LIVE WELL AT HOME WITH ESKATON**



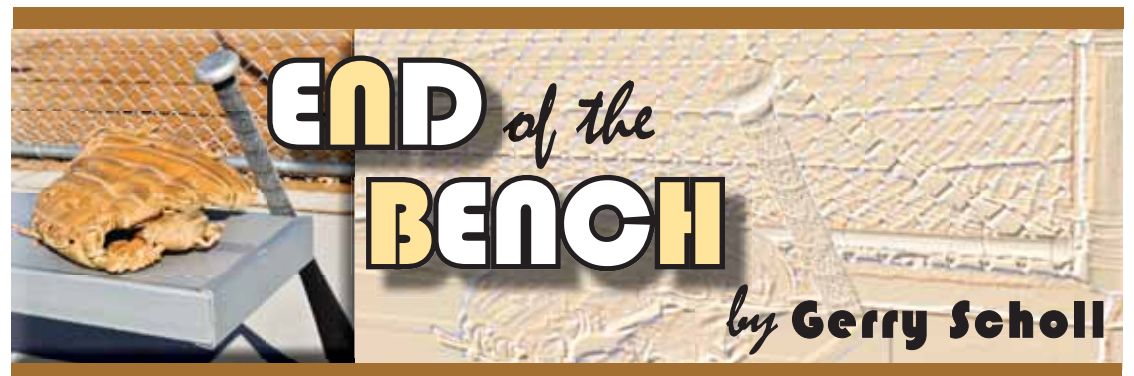
**The best of both worlds:  
 Your Home. Our Experience.**

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



866-ESKATON | [www.eskaton.org](http://www.eskaton.org)



**END of the BENCH**  
 by **Gerry Scholl**

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 get-away-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.



**STAND & DELIVER**  
 for Speaking Success

If you're ready to breakthrough your fear of speaking in public, polish your platform skills, or you're ready to learn how to create a lucrative career as a speaker, mark your calendars for **April 15th, 16th, and 17th, 2011** for Stand and Deliver for Speaking Success!



Rev Kevin Kitrell Ross



Lisa Nichols

Join Rev. Kevin Ross and his special guest, Lisa Nichols, bestselling author and featured teacher in the movie, "The Secret" for two and 1/2 full power-packed days that will transform your life!

**Christ Unity Church**  
 9249 Folsom Blvd, Sacramento, CA 95826 • 916-368-3950



**Foster Care**

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

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



Call Lenka  
 (916) 338-7156



**Carmichael Times**  
 CALL 773-1111 TO ADVERTISE

### Sacramento Choral Society and Orchestra

Donald Kendrick, Music Director

2010 – 2011 Season  
Mondavi Center, UC Davis



## Easy To Love

Saturday, April 30 at 8:00 PM

Christi Amonson, Soprano  
Kristin Dauphinais, Mezzo  
Tevye Ditter, Tenor  
Ian Greenlaw, Baritone

Fall in love again with this new Broadway tribute to the music of Richard Rodgers, Jerome Kern, Cole Porter and Andrew Lloyd Weber in an evening packed with famous melodies and lyrics including — *All the Things You Are*, *I've Got You Under My Skin*, and *With a Song in My Heart*.



Tickets | \$30-\$50 | Students 50% discount | Groups (10+) \$5 discount  
Mondavi Box Office: 1-866-754-2787 or SacramentoChoral.com



*Wine & Food Tasting, Booths, Music, Art, Cars, Door Prizes, Raffles, Silent Auction*

*Hosted by Kiwanis Club of Carmichael*

## The 9th Annual 'Taste' of Carmichael

Saturday May 14th, 2010 4:30 to 8:00PM  
La Sierra Community Center, 5325 Engle Road

*Charity for Children, Youth and Community projects*

**Event Tickets \$35 per person at the door**  
**For Event info & to Order Tickets**  
**Call George 481-0196.**  
**or [www.CarmichaelKiwanis.com](http://www.CarmichaelKiwanis.com)**

# Live Fully!

Enjoy Independent Senior Living from the name you trust for quality and value.

## the Chateau at Carmichael Park

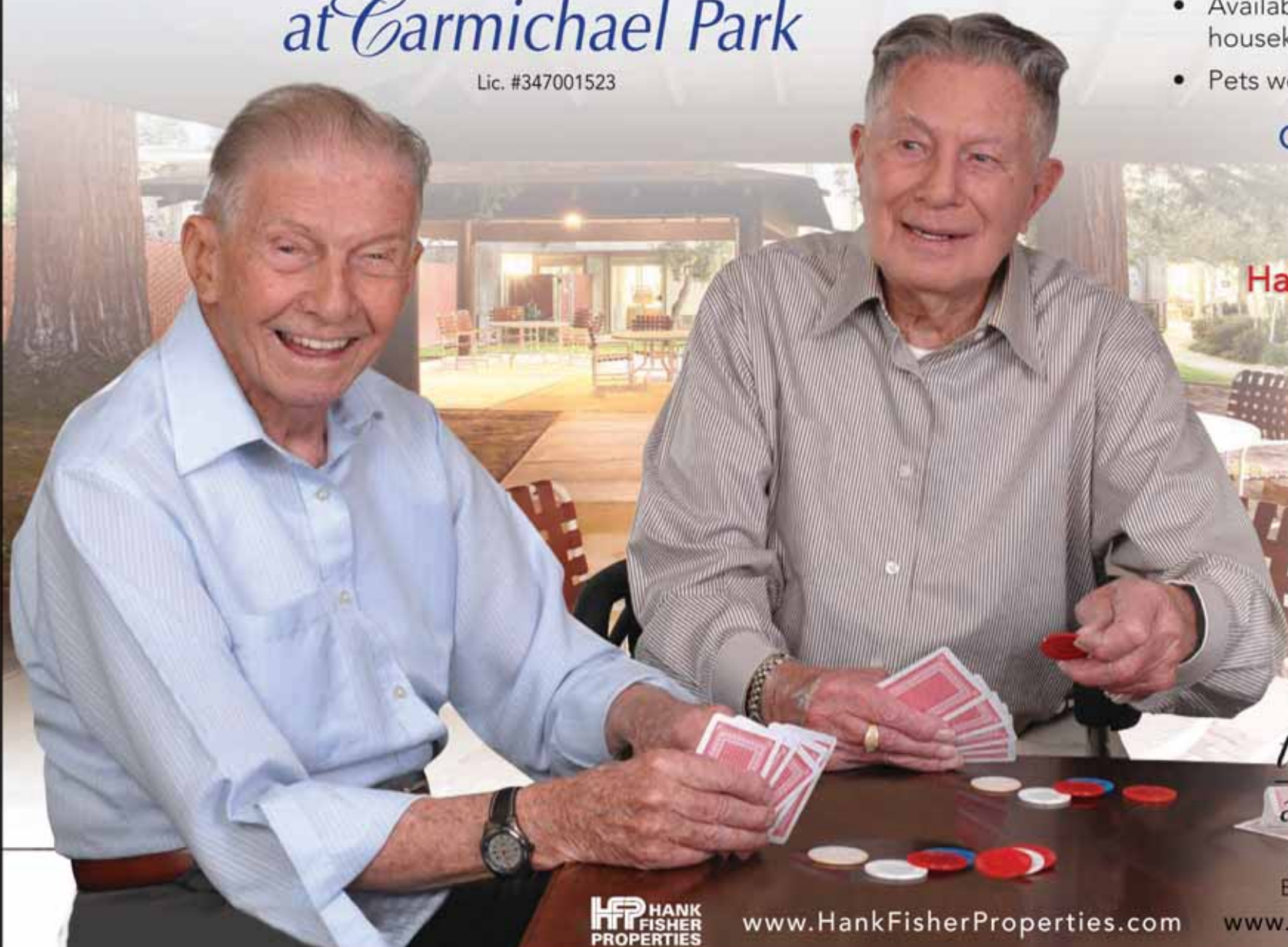
Lic. #347001523

**Rents starting as low as \$699 per month!**

- Gated grounds in lovely suburban neighborhood
- 24/7 staffing
- Generously sized one-bedroom apartments
- On-site beauty/barber shop
- Built-in "extended family" of neighbors
- Complimentary scheduled transportation
- Easy access to public transportation
- Availability of optional services, such as housekeeping and meals
- Pets welcome (small, under 30 pounds)

**CALL Suzanne Today**  
**(916) 481-7105**

**When it says Hank Fisher Properties, it says Quality**



## the Chateau at Carmichael Park

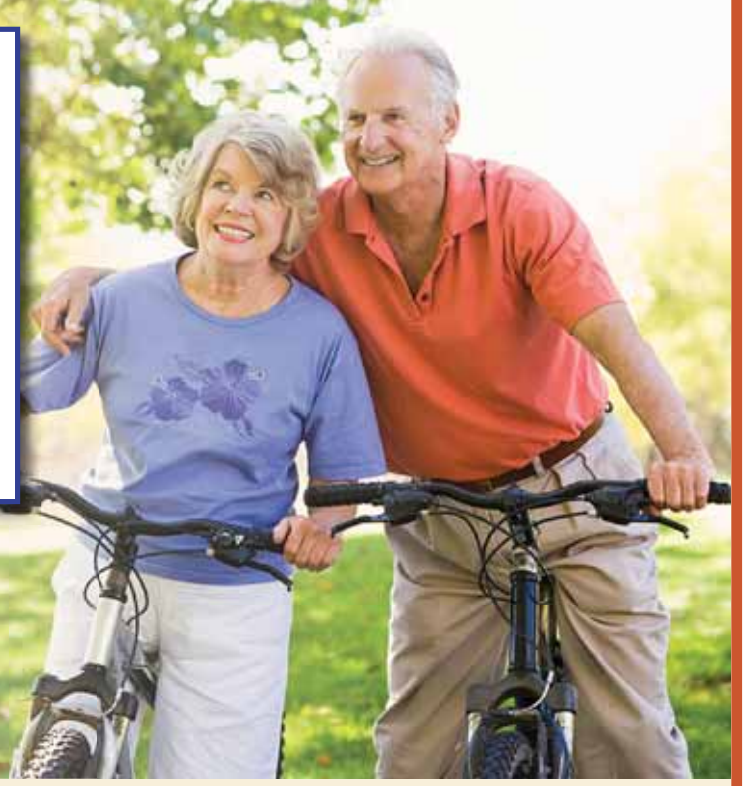
7125 Fair Oaks Blvd, Carmichael  
Between Engle St. and Grant Ave.



[www.HankFisherProperties.com](http://www.HankFisherProperties.com)

[www.chateaucarmichaelpark.com](http://www.chateaucarmichaelpark.com)

# Senior Health & Leisure Fair



**Information & Entertainment  
for Active Seniors**

**Holiday Inn NE, 5321 Date Ave., Sacramento  
April 15 & 16, 2011, Fri. & Sat., 10 a.m. to 4 p.m.**

Whether you're 50 or 80, a "Baby Boomer" or a "Bobby Soxer," you'll love the Senior Health & Leisure Fair. Come enjoy the free exhibits, seminars and live bands playing music from the 50s, 60s and 70s.



**Listen and Dance all day  
to the music of Jazz-ination,  
& other Blasts from the Past.  
Win Prizes, Cruises and  
Vacations hourly!**

***Meet the Experts who can make  
Your Life Healthier and Happier!***

- Nutrition & Health Foods
- Sports & Fitness
- Anti-Aging Programs
- Leisure, Vacations & Travel
- Home & Garden
- Golf & Games
- Beauty & Fashion
- Financial Planning
- Natural Healing and Massage
- And Much More!

**FREE ADMISSION! FREE PARKING!  
FREE HEALTH SCREENINGS! FREE PRIZES & TRIPS!  
Details at [www.SeniorHealthFair.com](http://www.SeniorHealthFair.com)  
**(916) 476-3177****