

Carmichael Times



Ten Scholars Honored with Joyce Raley Teel Scholarships

Pg. 2



Carmichael Park Festival Honors "Sugar" Blues

Pg. 3

PRESORTED STD.
US POSTAGE
PAID
PERMIT 32
Rancho Cordova, CA

Volume 30 Issue 26

Serving Carmichael and Sacramento County since 1981

June 30, 2010

Celebrating Our Independence



A family of patriots watched the 2009 Fourth of July parade. Photo courtesy of Susan Skinner.

by David Dickstein

Carmichael - America turns 234 years old on the Fourth of July, but instead of birthday candles on a cake, tradition dictates that what's lit in celebration should light up the sky or sparkle on the ground.

As sure as the Liberty Bell is cracked, fireworks will soon be bursting overhead or dazzling at eye level. Where revelers ooh and ahh depends on whether you go public, such as at displays above nearby Hagan Park and Sunrise Mall, or private if your local jurisdiction allows consumer fireworks. Carmichael does, starting June 28, which is good news for recession-weary non-profit organizations. Thanks to the late John Sullivan, the legendary Sacramento businessman credited for sparking a movement

in the mid-1960s that revolutionized the state's fireworks industry, only fundraising non-profits can legally sell in California.

"It's our biggest source of fundraising for the team," said Ron Miller, four-year president of the Carmichael Beavers Swim Team. "The money helps pay our \$9,000 annual pool rent at Del Campo High. No question that our registration fees would be significantly higher without the money we make on fireworks. Plus, with the proceeds we can also maintain our website, www.cbswim.com."

Besides having the smarts to cleverly work in the group's URL in the above quote, Miller has wisely kept the team's TNT stand in the Safeway parking lot at 4040 Manzanita Blvd. Besides being located in one of the most bustling shopping centers in

town, the stand is situated at the very end of the annual Carmichael Elks Fourth of July Parade route.

"Right after the parade is our busiest time," said Miller, adding that he takes pride giving back to the team he was on as a child three decades ago.

Another Carmichael group, Del Campo Jr. Cougars, hopes to increase its \$4,000 net earnings from last year's inaugural fireworks fundraiser with a new location closer to its base and by upping its inventory.

"We sold out of just about everything," said Citrus Heights resident and club president Ralph Andrade. Proceeds will help pay for new equipment and assist needy families with registration fees. "About half of the profits go toward helping with registration," he said. "We have a rule of thumb that we don't deny anyone

because of a lack of funds. We'll go out of our way to get them playing."

The Jr. Cougars' Phantom Fireworks stand will be located in the Lumberjacks Restaurant parking lot, 5820 Madison Ave.

While TNT and Phantom fireworks dominate Carmichael's fireworks fundraising landscape, one group can lay claim as the exclusive seller of Black Cat and Showtime products in Northern California. About 90 minutes southeast of Carmichael, Quilts of Honor will run a California Fireworks stand to raise money toward its mission to thank members of the active military and veterans with handmade quilts. Through these "quilted hugs of gratitude we hope to provide comfort, love and healing to those who have given so much," according to the organization. The stitchers' stand will be located at 1919 Vista Del Lago Drive in Valley Springs.

Ignition Interlock Law Takes Effect July 1

Five-year pilot program would study effectiveness in selected counties



Some drives in California believe that this new law blows.

Sacramento Region - First-time and repeat DUI offenders in Alameda, Los Angeles, Sacramento, and Tulare counties must have an Ignition Interlock Device (IID) installed on vehicles they own or operate under a new law that takes effect July 1, 2010. The law, created through AB 91 (Feuer) calls for a five-year pilot program that runs through Dec. 31, 2015.

"Far too many Californians die needlessly at the hands of a drunk driver," said DMV Director George Valverde. "This law gives the DMV the opportunity to study the effectiveness of IID devices in California."

Director Valverde noted that, in 2008 (latest statistics available), 1,355 vehicle occupants were killed and 28,463 injured in an alcohol-involved collision in California. The programming costs of the pilot program are funded by a grant from the state's Office of Traffic Safety through the National Highway Traffic Safety Administration.

The new law — passed by the Legislature and signed by Governor Schwarzenegger in 2009 — prohibits an offender from being issued or reissued a driver license by DMV following a suspension or revocation for any DUI violation in a pilot county that occurs on or after July 1, 2010, until an offender provides proof of IID installation and pays a \$45 administrative service fee, in addition to meeting all other reinstatement requirements.

The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Web site (www.dmv.ca.gov), including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions by calling DMV customer service at (800) 777-0133.

Getting the Most Bang for Your Buck with Fireworks

by David Dickstein

With the economy still not finding its happy place, getting the most bang for your fireworks buck has even truer literal meaning this Fourth of July. So in the seasonal and consumer spirit we've put all of the new fireworks for 2010 to the test along with selected returning items. After all, if what's lit before family and friends winds up getting more jeers than cheers, your good intentions could go up in smoke along with your money.

Fireworks were judged on a five-star scale for performance, duration, distinctiveness and overall comparative value. Products are listed in order of price, high to low; not all items are available at every location. TNT and Phantom stands are prevalent in the area; the closest California Fireworks stand, carrying Black Cat and Showtime products (and nothing new for 2010), is at 1919 Vista Del Lago Drive in Valley Springs. Sales begin June 28.

Let the sparks fly!



Dancing Butterfly Duo (Phantom)

New for 2010

- Molten Pot (TNT), \$19.99 - This hexagon-shaped hit took 2 years to get to California. Offers a nice, colorful mix of titanium crackles, fish, glitter and chrysanthemums. 106 seconds. 4 Stars

- Funky Monkey (Phantom), \$15.99 - Having skipped the Golden State in last year's debut season, this pyrotechnic primate goes bling on a new label for his California premiere. Red pearls highlight a solid performance. 84 seconds. 4 Stars
- Patriotic Party (Phantom), \$12.99 - Four awesomely

annoying screeches and three time-released crackling balls highlight this otherwise lackluster fountain. 80 seconds. 3 Stars

- Rip Tide (TNT), \$10 - Just a good, decent fountain with gold and red sparkles, silver crackles and green and purple stars. 73 seconds. 3 Stars

- Phantom Mystical Magic (Phantom), \$6.99 - Fleeting duration, but love the use of organic compound nitrocellulose that makes multi-colored, marble-sized globs. 24 seconds. 4 Stars

- Phantom Dragon Slayer (Phantom), \$5.99 - Got some white, blue and lemon chrysanthemums, rowdy crackles and red stars going on. 66 seconds. 4 Stars

- Dancing Butterfly Duo (Phantom), \$2.99 for two - A twist on ground bloom flowers is this tiny fountain with a surprise ending. 9 seconds each. 2 Stars
- En Fuego (TNT), \$4 - Advertised as new, but it really isn't. It's a renamed and lower-priced Mighty Man that TNT

debuted in 2007. Vibrant, albeit short performance of multi-colored stars and titanium crackles. 31 seconds. 3 Stars

- Black Widow (TNT), \$3 - Created as a quiet cousin to TNT's classic Crickets (\$4.99). Just OK unless you like the small and silent type. Has the lowest cost-per-second of all the new fireworks. 42 seconds. 3 Stars



Black Widow (TNT)

Back for 2010 - \$25 and up

- Seventh Heaven (California Fireworks), \$55 - The state's

tallest, longest and most expensive fountain is just OK, but this 16-inch brute is sure to give the neighbors pyro envy. 280 seconds. 3 Stars

- Quiet Riot (California Fireworks), \$55 - Equally tall and costly as Seventh Heaven, but this fraternal twin's 500 grams don't go as long or impressive. 205 seconds. 2 Stars

- Komodo 3000 (Phantom), \$49.99 - Remarkable size and burn time, but this 500-grammer lacks in overall performance and value. Gone up \$10 since debuting in 2006. 240 seconds. 3 Stars

- Delirium (TNT), \$45.99 - Fan-shape fountain conserves none of its 500 grams from the get go, making for a brief and expensive, yet dazzling demonstration of intensity and beauty. 120 seconds. 3 1/2 Stars

- New York Harbor (Phantom), \$39.99 - Stellar burn time and multiple effects, including some of the finest chrysanthemums for a safe and sane item. 205 seconds. 4 1/2 Stars

- Dancing Stars (TNT), \$39.99 - Impressive fish effect (stars vigorously "swimming" in the air) plus chrysanthemums and multi-color crackles. Ugly label, but don't judge this firework by its cover. 144 seconds. 4 Stars

- Leaping Lizards (TNT), \$34.99 - Good crackles, silver chrysanthemums and sparks of red and plum, but the prize here is a red fish effect. Too brief for the dough though. 95 seconds. 2 Stars

- Impressive Blossom (California Fireworks), \$30 - Despite its name, whistles are more impressive than color in this satisfying Black Cat fountain. 118 seconds. 3 Stars

- Blooming Flower (Phantom), \$29.99 -- Love the surprise factor in this novelty highlighted by six blossoming flower petals. 70 seconds. 3 1/2 Stars

Continued to Page 9

County Animal Care Facility Adjusts Hours

Shelter Operations Services adapt to recommended Fiscal Year 2010-11 budget



and to continue to provide the best services possible to the public.

"We are still going to be open five days a week, including both weekend days when we get the most visitors to the shelter," said Interim Animal Shelter Director Carl Simpson. "We are making changes to our operations and staff to operate within our budget."

The new shelter hours are:
 Monday: Closed
 Tuesday: Closed
 Wednesday: 12:30 - 5:30 p.m.
 Thursday: 12:30 - 5:30 p.m.
 Friday: 12:30 - 5:30 p.m.
 Saturday: noon - 4:30 p.m.

Sunday: noon - 4:30 p.m.

"As before, people will still be able to search online for their lost pets that may have come into the shelter and check out animals for adoptions," added Simpson.

The County Animal Shelter is located at 3839 Bradshaw Road. For more information about the shelter, or to get information about low cost spay/neuter services, animal licensing, rabies clinics, or general shelter information, call 916-368-7387 or visit www.saccountyshelter.net.

Sacramento Region - Beginning Thursday, July 1, the County Animal Shelter will adjust its hours of operation in an effort to maintain efficiencies

Christian Singles Luau Dance July 10

Carmichael - Christian Singles Network, will hold a Luau Dance for single adults Saturday, July 10, at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. CSN is the Sacramento area's oldest and largest interdenominational Christian singles group. Some couples also attend (CSN Alumni), and all ages are welcome to attend.

The evening features an early dance lesson in basic dance moves by Declan Cordova at 6 PM (an extra \$5 for this class), and Speedy Intros on the Patio, also at 6 PM, included in the ticket price. A dance lesson in the Hawaiian Hustle by Janine Wright will be taught from 7-8 PM. also included in the ticket price, along with DJ dance music from 8-11:30 by DJ John Maricich. The music, both recent

and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Dress is tropical or casual attire/ The ticket price of \$15 pre-sale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lessons. Volunteers attend free - please call 530-878-8606 to volunteer.

Christian Singles Network, founded in 1992, holds weekly events, with dances every month. The next dance after this is CSN's 18th Anniversary Dance which takes place August 7 at Carmichael Presbyterian Church. Call the number below for directions or more information. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN has been holding dances 17 years, drawing singles

from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Call Christian Singles Network to volunteer or find out more information, 530-878-0606.

To receive more information about activities, or directions call the 24 hour event line at (916) 658-0606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming events including seminars, get-togethers, and parties and cruises.

The Mission Oaks Computer Club will meet on Thursday, July 8, 2010 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael.

The meeting topic will be "What's New at Apple", presented by Brent Sallee of MacClicks. A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow

the meeting. First-time visitors are welcome.

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

Ten Scholars Honored with Joyce Raley Teel Scholarships

Program has awarded over \$280,000 to Raley's employees and family members

Sacramento Region - Raley's employees, family members and community leaders gathered recently to honor the tremendous achievements of ten scholars - the finalists for this year's Joyce Raley Teel Scholarship program.

This year marks the 12th year of the Joyce Raley Teel Scholarship Program, which has given a total of \$288,000 to employees and eligible dependents.

Raley's congratulates all the winners. The \$5,000 award recipient was Alexandra Hartline of Fair Oaks. The \$4,000 award recipient was Staci Smith of Oroville. The \$3,000 award recipient was Samantha Crowley of Sacramento.

The \$2,000 scholarship recipients were Devin Hammer of Antioch, Lawrence Padoan of Suisun and Jewelene Rezendes of Merced. The \$1,000 scholarship recipients were Janie Hironaka of Sacramento, Jayme Telles of Hollister, Samantha Walz of Placerville and Amy Wolfley of Newcastle.

From Alexandra Hartline, \$5,000 scholarship recipient's entry:

"With the words, 'Hi, everyone. My name is Alex Hartline, and I will be your Biology 310 tutor this semester. Let's get started.' My initial nervousness on that first day quickly transformed into excitement for the exploration ahead of us. The lessons I learned as a Biology tutor significantly shaped my educational goals and cemented my commitment to a career as a librarian. Following my graduation from the University of California, Davis, in June 2011,



Alexandra Hartline of Fair Oaks, the \$5,000 award recipient of this year's Joyce Raley Teel Scholarship.

with an undergraduate degree in History and Art History, I plan on enrolling in a Master's in Library and Information Science program and subsequently embark on a career as a librarian. As a librarian, I will enjoy many of the same things I enjoyed while working as a tutor and as a clerk at Raley's. I will be able to work with students, colleagues and the general public to positively impact the learning process. Also, my skills will be used to further the cause of higher education and enhance the resources necessary for scholarly research and discussion. My interest in librarianship was spurred by this unique experience in group tutoring, and I look forward to fulfilling my career dreams and serving others in the library.'

The event was held on Wednesday, May 26th, 2010.

Source: Raley's Media Department

MPG Carmichael Times CALL 773-1111 TO SUBSCRIBE

Carmichael Times
 Serving Carmichael and Sacramento County since 1981

Publisher - Paul V. Scholl

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to Carmichael 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).

Advertising Sales: Paul V. Scholl • Perry Hartline • Marion Solo
 Graphics & Layout: Tandra Banerjee
 Distribution Assistant: Gabriel Scholl

Contributing Writers:
 Tim Reilly, Mary Jane Popp, Marlys Johnsen Norris
 Kay Burton, David Dickstein, Dr. E. Kirsten Peters
 Susan Skinner, Amanda Morello, Dr. Bob Graykowski
 Laura Snyder, Dave Ramsey

Accounting: Nicholson & Olsen CPA
 Web Master: RJ at thesitebarn.com • JWS Promotions
 News Services: PRWEB NewsWire
 North American Precip Syndicate • Blue Ridge Press
 ARA Content • Family Features • WorldNetDaily

Photography: Amanda Morello • Susan Skinner

Widowed Persons Association of California, Inc.

Office Hours
 10:00 am- 3:00 pm
 Monday through Friday
 916-972-9722

Newcomer's Buffet & Social

Any and all widows or widowers may attend

Third Monday evening at 5:30 pm

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.

Sunday Support

Any and all widows or widowers are invited

Every Sunday from 3:00 pm - 5:00 pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm - 5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

Join us for the 3rd Annual

EAST LAWN

Alzheimer's Aid Society Memorial 5k Run/Walk

City of Sacramento 5k Championship

Saturday July 24, 2010

Start and finish lines at the historic East Lawn Memorial Park

Benefiting the Alzheimer's Aid Society of Northern California

For registration or more info: www.memory5k.org

Logos for sponsors: KGRA 3, KQCA my58, NewsTalk 1530 KFBK, WELLS FARGO, PCC Propp Christensen Caniglia, EXPERT Design & Construction, Raley's PORTER | SCOTT ATTORNEYS.

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

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 773-1111.

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

We are proud members of these newspaper associations.

Logos for associations: CNPA, afcp, SACP.



Carmichael Recreation and Park District is announcing the following events:



Carmichael's Gala Parade & Annual Fireworks Show!
Sunday, July 4, 2010
 Parade Theme: Honoring Those Who Serve

52nd Annual Carmichael Elk's Club Parade – Start Time 10:30am!

Start your 4th of July with a pancake breakfast (7am-11am) at Carmichael Park, sponsored by the Kiwanis Club of Carmichael. Afterwards walk over to the front of the park on Fair Oaks Boulevard and grab a front row seat to enjoy the Annual Elk's Club Parade which starts at 10:30am. The parade features many wonderful community floats, marching bands, equestrian entries, military units, antique automobiles and much more! The parade route begins at Marconi/Fair Oaks and continues down Fair Oaks Boulevard to Cypress/Manzanita. The Grand Stand is located across the street from Carmichael Park, 5750 Grant Avenue. Don't miss out on one of the largest and oldest parades in the region! For more information on free float registration email Jim Warrick at jdwarrick@lanset.com or call the Elks Lodge at (916) 489-2103

The Annual Fireworks Show

The evening will culminate with the Annual Fireworks Show at La Sierra Community Center, 5325 Engle Road. The fun begins at 6pm when the Kids Zone opens for children of all ages. They will have unlimited access to the inflatables, arts/crafts, puppet theatre and more. Musical entertainment kicks off at 6:30pm with a variety of bands and ends with a spectacular Fireworks Show at dark (9:30 pm).

Carmichael Little League Snack Bar will be open for BBQ, drinks, ice cream and Sacramento Metropolitan Fire Fighters Association will have fire trucks, activities and more! Bring your blankets, lawn chairs, and shade umbrellas!

The 4th of July Fireworks Show is Sponsored by:

- Carmichael Recreation and Park District
- Mission Oaks Recreation and Park District
- Sacramento Metropolitan Fire Fighters Association

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

Carmichael Park Festival Honors "Sugar" Blues



Sweet symphony. Supported by friends from the Capitol Pops Concert Band, "Sugar" Willie Erickson (left) prepares for his recent tribute program in Carmichael Park. Photo courtesy of Susan Skinner.

by Susan Skinner

Carmichael - During the recent Community Concert Band Festival in Carmichael Park, the Capitol Pops ensemble dedicated an entire program to a prolific veteran arranger in its ranks.

Still composing and playing in his 78th year, "Sugar" Willie Erickson is one of the foremost band arrangers in Sacramento. His lifetime of professional and volunteer music began young. "Being in orchestra at Sutter Junior High was a revelation," he said. "Hearing all those sounds come together

got to me." A few grades later, at Sacramento High, the music man first harmonized with his teenage sweetheart Donna -- now his wife of 57 years.

A Korean War veteran and retired radio telegrapher, Erickson played piano for many years in Sacramento pizza restaurants. He is a stalwart volunteer in two community bands. Capitol Pops director Jerry Lopes planned the June Community Band Festival tribute program around Erickson's large portfolio of jazz and marching arrangements. "Sugar's arrangements

are the work of a craftsman," said Lopes. Any band is privileged to perform his work."

Suave in sombrero Erickson relinquished his French horn at the Carmichael event only to croon his arrangement of 'I'm in the Mood for Love.' Though the vocal delivery was more W.C. Fields than Bing Crosby, there were no complaints from Donna Erickson. "His singing is expressive," she approved. "At times he plays the part of a grumpy old man. But my Sugar has the sweetest heart."

These local merchants wish you a HAPPY 4TH OF JULY!

- | | |
|--|---|
| <p>Aegis
 From the Staff
 Concert in Courtyard
 July 3, 3pm-4pm
 4050 Walnut Ave., Carmichael
 972-1313</p> <p>Attic Antiquities
 New in Neighborhood
 <i>One of a Kind Store</i>
 Parking Lot Sale July 3-4, 8am-5pm
 6210 A Fair Oaks Blvd.
 (Between Marconi & El Camino)
 333-5377</p> <p>Carmichael Flowers
 From Ila, Owner
 <i>Remember Our Service People</i>
 6100 Fair Oaks Blvd., Carmichael
 916-483-8511</p> <p>Carmichael Oaks Senior Living
 Denise Brandt, Denise Evans,
 Marketing Directors & Staff
 8350 Fair Oaks Blvd., Carmichael
 944-2323 Fax 944-2325
 <i>B-B-Q & Fireworks</i>
 Call for Day & Time</p> <p>Carmichael Recreation & Park District
 The Staff
 5850 Grant Avenue, Carmichael
 485-5322</p> <p>Carmichael Water District
 Steve Nugent, General Manager & Staff
 7837 Fair Oaks Blvd., Carmichael
 483-2452</p> | <p>Coffman's Furniture Gallery
 Dave, Lisa, Owners & Staff
 6443 Fair Oaks Blvd., Carmichael
 482-9663</p> <p>Eskaton Village
 Linda & Lucy, Evonne & Staff
 3939 Walnut Ave., Carmichael
 974-2000</p> <p>Hoshall's Salon & Spa
 From the team at Hoshall's
 7330 Fair Oaks Blvd.
 485-4941 www.hoshalls.com
 Now Open Sundays 10pm-4pm</p> <p>Little Bo'tique
 Upscale Children's Resale
 Alexandra Leitaker &
 Felecia Wheeler, Owners
 4201 Manzanita Ave., Carmichael
 485-2229
 <i>July Special Apple Pie: \$7.49</i></p> <p>Marie Callender's
 Cindy Garcia, Manager & Staff
 3129 Arden Way, Sacramento
 481-0778
 <i>July Special Apple Pie: \$7.49</i></p> <p>Marie Callender's
 Doug Unruh & Staff
 5525 Sunrise Blvd., Citrus Heights
 961-8571</p> |
|--|---|

'Touch of Health'
Weekly Vitality Workshop

Classes begin at 6:00 pm Tuesdays
Open to Public at No Charge

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

Gift of Life Wellness Check-up
 Consultation, Complete Spinal Examination and X-rays (if needed)
This \$250 value is yours for only \$40 if you mention this ad
 Each additional family member only \$20
Offer Expires Friday

July 13 **Kids on the Run:**
New Trends in family Friendly Fitness

July 20 **Essential Steps to a Vital Nervous System**

Dr. Bob Graykowski
 5909 Stanley Avenue, Suite A
 Carmichael, CA 95608
 (916) 973-1661

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

HOME CARE BY SENIORS FOR SENIORS

There's a huge difference in the kind of home care you can receive from someone who really understands what your life is like as a senior.

Our loving, caring, compassionate seniors are there to help. We offer all the services you need to stay in your own home, living independently.

CALL US FOR FREE ASSESSMENT

Call us today. Like getting a little help from your friends™.

- Companion Care
- Housekeeping Services
- Meal Preparation/Cooking
- Personal Care
- Overnight and 24-hour Care
- Transportation
- Shopping
- Doctor Appointments
- Yard Work
- Handyman Services
- And More!

916-372-9640

SUMMER CONCERT SERIES

AT THE California State Fair • Jul.14 - Aug. 1



The Fab Four
The Ultimate Tribute
Wed Jul. 14 \$10



Slaughter
Thurs. Jul. 15 \$10



AllStar Weekend
Fri. Jul. 16 \$10



Thirstbusters
Tues. Jul. 20 FREE



The Family Stone
Featuring Jerry Martini & Cynthia Robinson, Original founding members of Sly & The Family Stone
Sat. Jul. 17 \$10



Little Big Town
Mon. Jul. 19 \$15



Rick Springfield
Wed. Jul. 21 \$10



Howie Mandel
Thurs. Jul. 22 \$10



Martina McBride
Fri. Jul. 23 \$49



Lonestar
Mon. Jul. 26 \$15



Village People
Tues. Jul. 27 \$10



Eddie Money
Wed. Jul. 28 \$10



Paul Rodriguez
Thurs. Jul. 29 \$10



Foghat
Fri. Jul. 30 \$10



"Weird Al" Yankovic
Sun. Aug. 1 \$20

www.bigfun.org

Tickets on sale now at tickets.com
Comedy Series Presented by Cache Creek Casino Resort



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

YOUR FREE WEDDING PLANNING BOUTIQUE



Wedding Books & Magazines
Vendor Portfolios • Unique Gifts
Free Bridal Events

FREE WEDDING PLANNING SEMINAR

Saturday, July 17 • 10:30 - 11:30 am

- ❖ Choosing and Working with Your DJ/MC: the person that can make or break your reception
- ❖ Most Beautiful You: safe, simple and easy non-surgical enhancements to prepare your face and body for your wedding day

Also: free consultations with the Engaged wedding professionals, live music, cake and caterer tastings, and great giveaways!

Visit EngagedSacramento.com for more information and to pre-register

Library Hours: Tues - Fri 11 - 4, Sat 10 - 4

5530 Douglas Blvd., Granite Bay, at Quarry Ponds • 916.783.1100

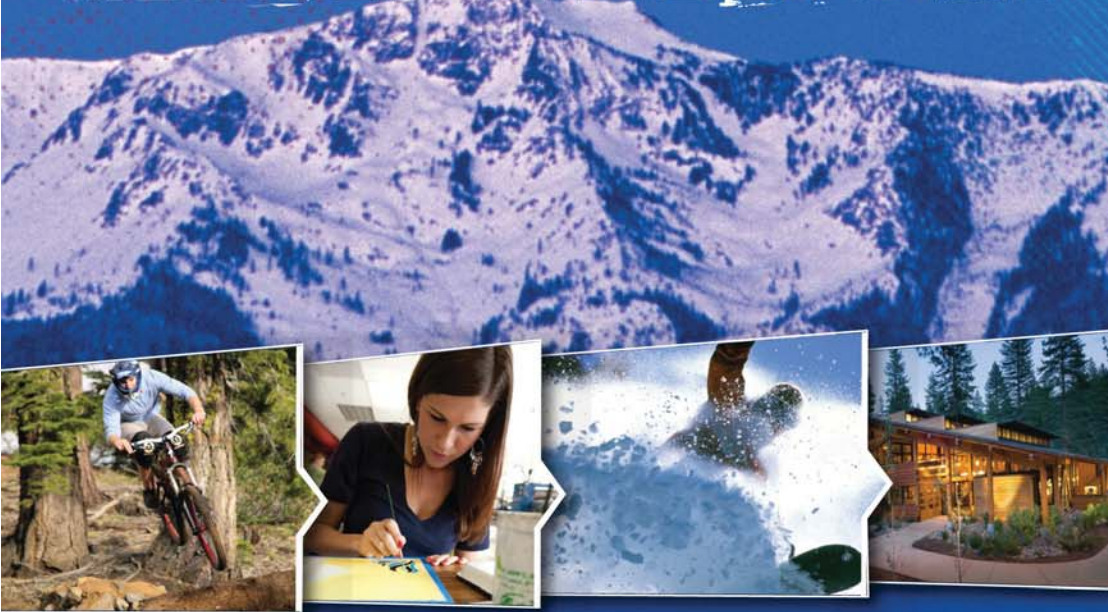


We are Looking for Veterans to Join Our Post VFW POST 2324 Carmichael.

Are you a veteran from WW2, Korean War, Vietnam War, Desert Storm, Iraq, Afghanistan War? If you been honorably discharged and have a current DD214, Please Contact The Post Commander Edward B. Holm. PH (916)722-9603 or Post Quartermaster Steven H. Rambo PH (916) 847-5496.

On the 2nd Sunday of each month VFW Post 2324 hold a Pancake Breakfast from 7:30 am to 12:00 pm in the back of Carmichael Park 5750 Grant Avenue. Price \$5.00 for Adults and only \$3.00 for Children. Come One Come All!

LIVE. LEARN. LAKE TAHOE.



There are great places to go in this world. And there are great places to go to college. Discover Sierra Nevada College, Lake Tahoe's only four-year liberal arts college, at www.sierranevada.edu/tahoe.

GRADUATE IN FOUR YEARS WITH CLASSES YOU NEED, WHEN YOU NEED THEM!

- APPLICATIONS ARE STILL OPEN FOR FALL 2010 | CLASSES START AUGUST 23RD
- GENEROUS SCHOLARSHIP OPPORTUNITIES FOR OUT-OF-STATE STUDENTS
- TRANSFER SCHOLARSHIPS FOR STUDENTS WITH 15 OR MORE COLLEGE CREDITS
- INNOVATIVE PROGRAMS IN ENTREPRENEURSHIP, SKI BUSINESS, SUSTAINABILITY, OUTDOOR ADVENTURE LEADERSHIP, AND ENTERTAINMENT TECHNOLOGY
- MORE THAN 30 MAJORS AND MINORS | AVERAGE CLASS SIZE OF 12



SIERRA NEVADA COLLEGE

LAKE TAHOE

Incline Village, NV | 866.412.4636 | admissions@sierranevada.edu

Mission Oaks Recreation & Park District

35TH ANNIVERSARY FAMILY CELEBRATION 1975 - 2010

Friday, July 9 - Family Game/Fun!
Movie Night in the Park "MADAGASCAR"
Gibbons Park • 5:30 - 10:00 P.M.
FREE COMMUNITY EVENT!

Cosponsored with
• Carmichael Recreation and Park District
• Cypress Ave. Baptist Church

MISSION OAKS COMMUNITY CENTER

Extended Tours

- *Colors of New England*
October 7-14, 2010 • \$2,449 pp double
- *Holiday at the Waldorf*
December 6-10, 2010 • \$2,649 pp double
- *South Pacific Wonders*
February 14-28, 2011 • \$4699

Luxury Motorcoach

- *Masterpieces (Musee d' Orsay)*
De Young Museum/Birth of Impressionism - Legion of Honor/Impressionist Paris
July 13, 2010 • San Francisco • \$98/person
- *Peter Pan*
Wednesday July 21, 2010 • San Francisco
Includes Neverland Garden Picnic • \$155/person
- *The Marvelous Wonderettes*
Wednesday, Aug 4, 2010 • Sonora
lunch at Pine Tree Restaurant • \$103/person

Free Travel Show

10am, Wednesday, July 7

BALLROOM DANCE TO LIVE BANDS
Tuesdays & Fridays • 1:15 - 3:45 pm • \$5/person

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

FACILITY RENTALS

Mission Oaks Community Center
4701 Gibbons Drive, Carmichael
Auditorium
• Seats 250 Dining, 525 Assembly
• Beautiful Park Setting, Wood Floor, Round Tables, Free Parking, Use of Catering Kitchen, One Year Advance Rentals
Club & Craft Room
• Seats 45 Dining, 77 Assembly
Please call (916) 972-0336 for availability and rates.

Swanston Community Center
2350 Northrop Ave., Sacramento
Activity Room
• Seats 125 Dining, 250 Assembly
• Beautiful Park Setting, Non Skid Floor, Round Tables, Free Parking, Use of Pantry Kitchen, One Year Advance Rentals
Conference Room
• Seats 25 Assembly
Please call (916) 333-6464 for availability and rates.

MISSION OAKS RECREATION & PARK DISTRICT
Office Hours: 8 am - 5 pm
Registration Hours:
8:30am-4pm Monday-Friday
www.morpd.com

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

Tipping Point? Special Report: Recession Recovery

Job demand & hiring trends for local companies in the 3rd Quarter of 2010



people in the Sacramento regional economy. HR contacts were also asked if, in their opinion, they expected the company to grow and sixty-six percent (66%) said, yes. Fifty-two percent (52%) of those responding also believed that jobs were returning slowly and hiring will soon increase in the area.

In the 3rd Quarter, fifty-eight percent (58%) of Sacramento regional companies say they will be hiring. Another forty-two percent (42%) say no hiring is planned for July, August and September. In direct contacts by telephone May 24- June 21, forty percent (40%) of companies report hiring only for replacements or attrition in the existing workforce. However, the number of companies attributing hiring motivated by growth has risen again in 2010 with thirty-five percent (35%) hiring for new workers in the third quarter.

Twelve percent (12%) of Sacramento regional hiring was also attributed to seasonal demands. Four percent (4%)

of companies planned force reductions, attributing them to seasonal change or problems caused by recession and continuing slow business.

Sales, technical skills and customer service experience are in high demand in the next three months. Sacramento regional HR contacts also report need for warehouse, shipping, product assembly and manufacturing experience in the next Quarter for those seeking employment.

The top challenge ahead for HR pros in the area is concern about how to manage changes in healthcare benefits and costs relating to new laws.

Of the 100 Sacramento Regional Top Companies By Industry, 43% are Service, 32% are Manufacturers, 14% are Construction and 11% are Retail.

How does this Quarter compare to last quarter, or last year? Find out for yourself, for more information & surveys go to www.pacificstaffing.com.

Sacramento Region - Eighty percent (80%) of the human resource professionals at the region's top companies say, in a word, no, the recession isn't over. However, when asked about progress toward economic recovery - "Are you looking forward to a better economy now?" - seventy-five percent (75%) of those with the 100 top companies say, yes. While the results indicate optimism for recovery is widespread, Pacific Staffing has discovered that confidence in long-term stability remains a question mark for many of the people who manage other

Take Time to Refill Your Love Tank

by Pastor Rich Reimer

Our church recently completed a 40 day study of the biblical concept of love from the New Testament book of I Corinthians, chapter 13. In my study I came across this quote attributed to Gordon Crosby, the pastor of The Church of the Savior in Washington D.C. in the late 1960's.

"We so carefully watch the limits of our health and strength, for some of us are very tired. We measure out the love that we give to others as from a medicine dropper."

If you are a volunteer anywhere or part of any helping profession you know how physically, emotionally and spiritually draining loving people can be. Many volunteers are "running on fumes". How can we keep on giving and giving unless we take time to refill our love tank? There are three things we can and must do if we are going to overflow with love towards others.

First, we must take care of our



bodies. We must take time to rest, we must eat a balanced diet, and we must exercise. It's fitness or fatigue! Secondly, we must recharge our emotional health by finding time for solitude. As Rick Warren said, "Come a-part or you will come apart." Like Jesus, we must get away from it all and take time to be alone. We need to change our pace, do something fun and be around people that make us laugh if we want to recharge our emotional

reservoir. Thirdly, we must seek God's supply. The Holy Bible teaches that God is Love.

I John 4:7-21. God wants to pour His love into us so we can be so full that we slosh all over people! Love is one of God's gifts to us and it's ready for the asking. So ask God to fill you daily with His love. As you draw close to God you will find it much easier to be close with others. You will have God's eternal love bubbling up inside of you. You won't have to spoon it out in small careful doses. You can overflow with love.

By the way, the church is a laboratory for learning how to love. Hope to see you soon,
Rev. Richard P. Reimer,
Lead Pastor, American River Community Church
www.arconline.org
3300 Walnut Avenue
Carmichael, CA

Pedestrian Killed on Capital City Freeway

Sacramento Region - On June 21, 2010 at approximately 12:50 a.m., Howard Ballin a 54 year old from Antelope was driving a white 2000 Toyota Corolla on southbound SR-51 north of El Camino Avenue in the #3 lane at approximately 65 mph. Roy Pearson, a 48 year old from Sacramento

was crossing the freeway on southbound SR-51 north of El Camino Avenue from the center divider towards the shoulder. Pearson ran directly in the path of the Corolla and was struck and thrown into the #4 lane where he was struck by another vehicle. The driver of the second vehicle that struck

Pearson did not stop at the scene. Pearson sustained fatal injuries at the scene of the collision. Witnesses described the second vehicle as a white vehicle.

If you have information regarding this collision please contact the North Sacramento CHP office at (916) 338-6710.

Good Samaritan Sustains Major Injuries in Felony DUI Crash

Sacramento Region - On June 26, 2010 at approximately 1:55 a.m., Ramon Vargas, a 23 year old from Sacramento was driving a green 1995 Isuzu Rodeo on I-5 northbound transitioning to eastbound I-80 in the #2 lane. Germaine Rizak, a 31 year old from Sacramento was driving a white/red 2003 Ford Crown Victoria taxicab on I-5 northbound to the left rear of the Isuzu. Vargas turned his vehicle to the left making an unsafe turning movement directly in the path of the taxicab. Rizak observed the vehicle ahead of his; he applied the brakes but was unable to stop before broad siding the passenger side of the Isuzu. The impact caused the Isuzu to

overturn and come to rest on its roof.

Alejandro Deharo, a 23 year old passenger in the Isuzu was transported to Mercy San Juan Hospital with head and face lacerations. Two passengers in the taxicab, Josephine Kelly (21 yrs) and Kimberly Rogers (25 yrs) sustained lacerations to their head and face and were transported to local hospitals. Both Kelly and Rogers were not wearing seatbelts at the time of the collision. Vargas was arrested and booked into the Sacramento County Jail for felony DUI and driving on a suspended driver's license.

Daniel Zipay, a 28 year old from Folsom and his brother stopped at the collision scene

to render aid. Zipay was standing in the #2 lane of northbound I-5 transition road to eastbound I-80 placing a reflective triangle in the roadway to alert other drivers of the hazard. Two separate vehicles approached his location and were able to avoid a collision. A third vehicle approached Zipay's location and struck him, throwing him to the ground. The driver fled in the vehicle immediately following the collision. Zipay was transported to UC Davis Medical Hospital with a broken pelvis and broken right leg.

If you have information regarding this collision please contact the North Sacramento CHP Special Investigations Unit at (916) 338-6710.

CHP Enhances Enforcement of Cell Phone Use

Sacramento Region - In an effort to reduce fatal and injury speed-caused collisions occurring on county roads, the North Sacramento CHP area had additional officers out patrolling this week. The Office of Traffic Safety (OTS) approved the CHP's Comprehensive Approach to Reducing Speed II grant which provides enhanced enforcement on county roadways statewide. During this enforcement period there were

25 citations written for non-use of a hands-free wireless device, 7 stop sign violations, 6 verbal warnings and one citation for throwing a lit cigarette out of the window.

While speed is a primary collision factor, drivers are also vulnerable to driving distractions such as talking with passengers, eating or drinking, and talking or texting on wireless phones, which increase the chance of getting involved in

serious vehicle collisions.

Drivers need to focus one hundred percent of their attention on their driving at all times. Don't wait until you get behind the wheel before you decide to make a phone call. If you must use your cell phone, remember section 23123 of the California Vehicle Code requires that you use a hands free device. Plan ahead, buckle up, and don't drink and drive.

Woman Nearly Drowns on the American River

Sacramento Region - June 27th, at 5:40 pm Metro Fire's boat 65 was returning from an emergency at Gilligan's Island on the American River. It was by chance that firefighters noticed a raft floating with no body on board. Behind the boat, in the water, without a life vest was a woman struggling to stay

afloat. Firefighters immediately launched a rescue swimmer to capture the woman just before she went under. The woman who is in her late 30's or early 40's had swallowed large amounts of water and in her words said, "I thought I was going to die." The woman was transported to the UC Davis

Med Center for treatment for a near drowning.

If Firefighters did not happen to be at this location at this time this woman would have drowned. Metro Fire reminds everyone who plans to recreate on the American River that a life jacket will save your life.

Dental Care for Seniors

- New Dentures
- Denture Adjustments
- Implants & Mini Implants
- Dentures secured by Implants & Minies
- Cleanings, Fillings, Crowns & Emergency
- Conscious Sedation & Laser Dentistry

ONE STOP DENTAL NEEDS FOR SENIORS!

15%
Senior Discount

Carmichael Dental Care
8329 Fair Oaks Blvd., Ste. A
Carmichael, CA 95608
916-944-1197



Some Banks Come and Go ONE BANK STAYS THE SAME



With many banks selling and merging, isn't it comforting to do business with a local community bank that has been under local ownership and management for over 52 years?

To our customers, we appreciate your confidence and patronage.

To others who are thinking of changing banks, we invite you to experience the stability, excellent customer service and competitive banking products that have made El Dorado Savings Bank one of the most respected banks in the financial services industry.



Serving our local communities since 1958

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

1-800-874-9779



Deposits insured to \$250,000 by the Federal Deposit Insurance Corporation.



Carmichael Times

CALL 773-1111 TO ADVERTISE



Monthly Military Retiree/Spouses Meeting

FOR JUNE AND JULY 2010

Please note that this notice applies to our monthly meetings for the months of Jun and Jul 2010. The meeting for the month of Jun will be on 8 Jun at the same meeting location, The North Highlands Park and Recreating District, 6040 Watt Ave, North Highlands. Our meeting

time is always at 1030 hrs. Our speaker for the Jun meeting is Helen Justice and she will be talking about Geriatric Care, as well as Aid and Attendance. The speaker for the Jul meeting, which will be held on 13 Jul, is Rick Buckman, Veterans Service Officer, and he will address a

variety of Veterans Benefits. You will not want to miss this presentation. So remember, the meeting in Jun is on the 8th of Jun and the following month, the meeting is on 13 Jul. If you have any questions, contact our volunteer staff at 561-7476, Mon thru Thurs, 0900 to 1500 hrs.

STAYING NIFTY AFTER FIFTY!

If you are over fifty or care for someone over fifty or plan on being over fifty, this is for you!

Three Wonderful Wednesdays

for the Arden Arcade Community:

Three Evenings PACKED with Tips & Resources

- Little-Known Options & Services
- Vendor Fair
- Support for Care-Givers
- Guest Speakers & Goodie Bags
- Experts and Representatives from agencies such as AARP and the Del Oro Care-giver Resource Center

July 7, 14 and 21: 6:30-8:30 p.m.

Hot Topics:

- 7/7 - Health and Safety
- 7/14 - Social Life & Volunteering
- 7/21 - Spirituality for Maturing Adults

Grace Presbyterian Church
4300 Las Cruces Way,
Sacramento, CA 95864
(916) 487-7849

Located at the S.E. corner of Las Cruces and Eastern Ave., two blocks south of Arden Way in the Arden Christian Center. For more information about this and other services provided by Grace Church, visit us at www.grace-sacramento.org.

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

Own a new computer for just \$29.99* per week!

And improve your credit score at the same time!

Bad Credit, No Credit? No Problem!
There's no credit check, so you won't be turned down.

If you can afford a weekly payment of just \$29.99* for just 12 months, then you're already approved for a brand new Dell™ or HP™ Computer, guaranteed.

ACT NOW AND RECEIVE:
In-Car GPS System
Free MP3 Player
Free Printer with select models



Call today to get the computer of your dreams, and improve your credit at the same time.

Give us a call today!
1-877-543-5034

*Prices start at \$29.99 but may vary by model.



Ad provided by MediaBids.com. 1-866-236-2259.



A Film Review by Tim Riley
KNIGHT AND DAY
(Rated PG-13)

If you happened to be an unwary moviegoer, you may have stumbled into the recent Ashton Kutcher and Katherine Heigl allegedly romantic action comedy "Killers," an inferior product in the summer sweepstakes of action-packed escapism based on the premise that bankable stars deliver the goods. First of all, Kutcher is likely better known as Mr. Demi Moore, and in no way does he compare favorably with Tom Cruise, even if he manages to avoid jumping up and down on Oprah's sofa and does not publicly engage Brooke Shields on issues of psychotherapy. For all his personal foibles, Cruise still has drawing power, and that's all that's really necessary to lift "Knight and Day" into the realm of an enjoyable, frenetic and lively action nonsense.

"Knight and Day" thrives on the megastar wattage of Tom Cruise and Cameron Diaz, seemingly mismatched in their respective roles of rogue secret agent Roy Miller and vintage car enthusiast June Havens. They meet cute at the Wichita airport when their paths cross at the security screening. On her way to her sister's

Riley Reviews

ACTION THRILLS ON DISPLAY "KNIGHT AND DAY" RESULT IN FUN

wedding in Boston, June is desperate to get on a supposedly full flight, but shows no interest at all in the fact that only a handful of people are actually on board. Meanwhile, Roy is headed in the same direction, and despite his affable demeanor and bright smile, he appears to be either on the wrong side of the spy business or an honest broker seeking to expose corruption and malfeasance. I'd rather not spoil the opening action sequences, but eventually Roy has to land the plane in a deserted field.

But if you think crash landing the jetliner is an awesome feat, just hang on in amazement at Roy's nearly superhuman powers to leap onto June's speeding car, all the while shooting Federal agents in hot pursuit. Roy's primary nemesis is an FBI agent named Fitzgerald (Peter Sarsgaard), a colorless government drone who does not inspire confidence in his abilities or loyalties. In fact, the more people that chase Roy across the U.S. and then through Austria and Spain the more it becomes obvious that Roy, as we suspected all along, is the good guy. Like me, you may wonder why June is dragged into this whole spy business mess to begin with, considering that her presence has little to do with the plot.

Actually, plot, or lack thereof, is very much an issue in "Knight and Day," though it is easily obscured by the fact that the action, along with

flying bullets, exotic car chases, dangerous stunts and mayhem in general, remains relentless and staggering in scope and scale. What the film lacks in plot, or for that matter in any sense of realism, it more than makes up for its structural weaknesses and contrivances by engaging in the kind of over-the-top action that simply dazzles the senses.

On top of the implausible exploits, "Knight and Day" makes good use of the nearly constant banter and one-liners of Tom Cruise and Cameron Diaz, who seem to be having a good time in each other's company even if romantic chemistry is not fully realized. Never mind the naysayers who may fault this movie's lack of logic and credibility; enjoy "Knight and Day" for the sheer delight of its inexhaustible energy and nonstop action.

DVD RELEASE UPDATE

Not sure if this is a marketing ploy, but the DVD release of "The Eclipse," starring Ciaran Hinds as a widowed teacher in a seaside Irish town raising two kids and coping with the notion his house is haunted, coincides with the next installment of "The Twilight" films, which is entitled "The Twilight Saga: Eclipse." I can guarantee you that adolescent girls will not confuse the vampire heartthrobs for a teacher interested in the supernatural. There's no Team Edward or Team Jacob for Ciaran Hinds to contend with. Meanwhile, in another DVD release, action star Jet Li stars as General Pang in "The Warlords," set in the midst of war and political upheaval during the Taiping Rebellion of the 1860s. Jet Li's general barely survives a brutal massacre of his fellow soldiers and then joins a band of bandits to continue fighting, before things turn sour in a web of political deceit.

Fireworks Highlight Upcoming River Cats Homestand

Sacramento Region - Independence Day is just around the corner and the Sacramento River Cats will be celebrating all week long at Raley Field. A Fireworks Extravaganza will be the grand finale for the celebration following the game on Saturday, July 3. Fireworks will also light up the sky on Friday, July 2 as part of the week-long festivities. The River Cats host top-seeded PCL South Division rivals, the Fresno Grizzlies (Triple-A affiliate of the San Francisco Giants), July 1-3.

The homestand kicks off June 26 with the recurring Saturday Sutter Health fireworks show as the River Cats face the Tacoma Rainiers (Triple-A affiliate of the Seattle Mariners). Also during this four-game series Raley Field will host fans and their dogs for the annual Bark in the Ballpark event presented by Atta Boy on Sunday, June 27 at 1:05 p.m. Special activities



include an appearance by the amazing Skyy Dogs - America's most exciting canine entertainers, a pregame dog parade, a costume contest and special lawn seating for dogs and their owners. Tickets for Bark in the Ballpark are \$12 per dog and \$7 per person and are available for purchase at the Raley Field Ticket Office. On Tuesday, June 29, fans will enjoy an 11:35 a.m. matinee game and have the option to purchase the Businessperson's Top Dog Package which includes a Delta Box ticket to the game, a hot dog, soda and peanuts for \$15.

Additionally, throughout the homestand fans will enjoy River Cats daily promotions, including: Del Webb Seniors Eat Free Mondays, Thirsty Thursdays with \$2 Miller and Miller Lites, Toyota Family Value Fridays with \$1 hot dogs and \$1 desserts, and U.S. Bank Kids Sundays where River Cats sign autographs pregame and can kids run the bases postgame.

With tickets starting at just \$7, fans can experience the excitement of River Cats baseball during the week-long Independence Celebration which includes three exciting nights of fireworks! Please note the July 3 game begins at 6:35 p.m. and gates open at 5:00.

For more information visit www.rivercats.com or call (916) 376-4676.

California Institute of Jewelry Training
Carmichael, California



Sam Davey, California Institute of Jewelry Training student from Red Lodge Montana, really lightens up when she's using her torch for soldering.

Is this the career for you?

- ◆ **Jewelry Arts** - Everything a jeweler needs to know! Complete hands-on training from fabrication to stone setting to design and beyond.
- ◆ **Gemology** - The intriguing science and study of gem minerals such as diamonds, colored stones and pearls.
- ◆ **Jewelry Appraisal** - Reach the jewelry industries highest achievement! The MasterValuer™ program delivers an excellent education education in gem and jewelry appraisal. Home study program, start NOW!

Live your passion! Love your life! Look to your future!

Call for your personal tour today!

916.487.1122

www.jewelrytraining.com



VA Approved ♦ Student Loans Available

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 #1004995. J.E.P. Capital, Inc., 45 Dillon Road, Larchmont, NY 10538 is doing business under the Fictitious Business Name "California Contractors Insurance Services, Inc." at 9940 Business Park Dr. #150, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on May 28, 2010. Publish: June 9, 16, 23, 30, 2010. CALCON 00602 6-30-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00079180

WHEREAS, Ana Brank has filed a petition with this court for a decree changing name of Ana Brank to Anna Brank. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on July 13, 2010 in Dept. 53, located at 800 9th St., Third Floor, 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: June 1, 2010. Kevin R. Culhane Judge of the Superior Court Publish: June 9, 16, 23, 30, 2010. BRANK 00602 6-30-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-0007

WHEREAS, Victoria Swindell has filed a petition with this court for a decree changing name of Alexander Kenneth Swindell to Alexander Kenneth Drake Swindell. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on July 16, 2010 in Dept. 54, located at 800 9th St., Third Floor, 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: June 4, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: June 16, 23, 30, July 7, 2010. SWINDE 00603 7-7-10

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern: Horacio N. Aceves and Rosalinda Marquez Aceves are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at 5904 Marconi Ave., Carmichael, CA 95608 with 41 - On-Sale Beer and Wine - Eating Place license. Filed: June 3, 2010 Publish: June 23, 30, July 7, 2010. SUPREM 00604 7-7-10

FICTITIOUS BUSINESS NAME STATEMENT #1005293. Pinnacle Capital Mortgage Corporation, 1620 East Roseville Parkway #248, Roseville, CA 95661 is doing business under the Fictitious Business Name "Stanford Mortgage" at 4025-C Bridge St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on June 10, 2010. Publish: June 23, 30, July 7, 14, 2010. STANFO 00604 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1005458. Jay M. Austin, 4705 Moorpark Way, Sacramento, CA 95842-3146 is doing business under the Fictitious Business Name "Sawdust & Shavings" at 7621 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 15, 2010. Publish: June 23, 30, July 7, 14, 2010. SAWDUS 00604 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1005409. Risa Sophia Mercellus, 2422 Camino Garden Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "P3'S; Pretty Period Panties" at 2422 Camino Garden Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 14, 2010. Publish: June 23, 30, July 7, 14, 2010. P3SPRE 00604 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1004357. Blumenthal Uniform Co., Inc., 20812 International Blvd., Seattle, WA 98198 is doing business under the Fictitious Business Names "Blumenthal Uniforms; Blumenthal Uniforms & Equipment" at 3133 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on May 7, 2010. Publish: June 23, 30, July 7, 14, 2010. BLUMEN 00604 7-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00080144

WHEREAS, Lori Jane Bacon has filed a petition with this court for a decree changing name of Lori Jane Bacon to Lorin Jane Bacon. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on July 27, 2010 in Dept. 53, located at 800 9th St., Third Floor, 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: June 14, 2010. Kevin R. Culhane Judge of the Superior Court Publish: June 23, 30, July 7, 14, 2010. BACON 00604 7-14-10

NOTICE OF PETITION TO ADMINISTER ESTATE OF THOMAS DALE GILMORE ESTATE NO. 34-2010-00080777

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of THOMAS DALE GILMORE: A petition has been filed by Douglas Nowka in the Superior Court of California, County of Sacramento, requesting that Douglas Nowka be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on July 22, 2010 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: Catherine A. Lawson, Esq., 3161 Cameron Park Dr. #223, Cameron Park, CA 95682; (530) 676-8860. Publish: June 30, July 7, 14, 2010. LAWSON 00605 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1005548. Lalaine's Corporation, 3207 Kaiser Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Lalaine's Professional Care Home for the Elderly" at 3207 Kaiser Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 17, 2010. Publish: June 30, July 7, 14, 21, 2010. LALAIN 00605 7-21-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00077565

WHEREAS, Cynthia Jean Tierney has filed a petition with this court for a decree changing name of Cynthia Jean Tierney to Cynthia Jean Sarracino. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 3, 2010 in Dept. 54, located at 800 9th St., Third Floor, 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: June 22, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: June 30, July 7, 14, 21, 2010. SARRAC 00605 7-21-10

FICTITIOUS BUSINESS NAME STATEMENT #1005409. Risa Sophia Mercellus, 2422 Camino Garden Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "P3'S; Pretty Period Panties" at 2422 Camino Garden Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 14, 2010. Publish: June 23, 30, July 7, 14, 2010. P3SPRE 00604 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1005409. Risa Sophia Mercellus, 2422 Camino Garden Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "P3'S; Pretty Period Panties" at 2422 Camino Garden Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 14, 2010. Publish: June 23, 30, July 7, 14, 2010. P3SPRE 00604 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1005409. Risa Sophia Mercellus, 2422 Camino Garden Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "P3'S; Pretty Period Panties" at 2422 Camino Garden Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 14, 2010. Publish: June 23, 30, July 7, 14, 2010. P3SPRE 00604 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1005409. Risa Sophia Mercellus, 2422 Camino Garden Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "P3'S; Pretty Period Panties" at 2422 Camino Garden Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 14, 2010. Publish: June 23, 30, July 7, 14, 2010. P3SPRE 00604 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1005409. Risa Sophia Mercellus, 2422 Camino Garden Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "P3'S; Pretty Period Panties" at 2422 Camino Garden Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 14, 2010. Publish: June 23, 30, July 7, 14, 2010. P3SPRE 00604 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1005409. Risa Sophia Mercellus, 2422 Camino Garden Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "P3'S; Pretty Period Panties" at 2422 Camino Garden Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 14, 2010. Publish: June 23, 30, July 7, 14, 2010. P3SPRE 00604 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1005409. Risa Sophia Mercellus, 2422 Camino Garden Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "P3'S; Pretty Period Panties" at 2422 Camino Garden Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 14, 2010. Publish: June 23, 30, July 7, 14, 2010. P3SPRE 00604 7-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1005409. Risa Sophia Mercellus, 2422 Camino Garden Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "P3'S; Pretty Period Panties" at 2422 Camino Garden Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 14, 2010. Publish: June 23, 30, July 7, 14, 2010. P3SPRE 00604 7-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00080141

WHEREAS, Loni Stribling has filed a petition with this court for a decree changing name of Derrick Devon Stribling to Derrick Allen Kenner. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on July 27, 2010 in Dept. 54, located at 800 9th St., Third Floor, 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: June 14, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: June 30, July 7, 14, 21, 2010. STRIBL 00605 7-21-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00077565

WHEREAS, Cynthia Jean Tierney has filed a petition with this court for a decree changing name of Cynthia Jean Tierney to Cynthia Jean Sarracino. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 3, 2010 in Dept. 54, located at 800 9th St., Third Floor, 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: June 22, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: June 30, July 7, 14, 21, 2010. SARRAC 00605 7-21-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00077565

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00077565

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00077565

Buried in Credit Card Debt?

Over \$10,000 in credit card bills? Only making the minimum payments? We can get you out of debt in months instead of years. We can save you thousands of dollars. We can help you avoid bankruptcy.

Not a high-priced consolidation loan or one of those consumer credit counseling programs

Call CREDIT CARD RELIEF for your FREE consultation 800-383-2050

BONES LAW FIRM Gordon G. Bones Attorney at Law 4811 Chippendale Dr., Suite 307, Sacramento, CA 95841. The Law Firm provides the following legal services: Bankruptcy, Business and Corporate Matters, Trust and Trust Administration, Estate Planning, Probate and Conservatorship, Family Law. P: 916.965.6647 F: 916.965.4218 gbones@boneslawfirm.com

The German Deli German Meats • Imported Beer & Wine • Catering Ask about our Mail Order Service! (916) 349-9493 5859 Auburn Boulevard Sacramento, CA 95841 www.sacgermandeli.com sacgermandeli@sbcglobal.net

Carmichael Times CALL 773-1111 TO ADVERTISE

Business & Service Directory

Handyman: Quality Labor & Maintenance (916) 613-8359
Household Help: House Cleaning (916) 723-1608
Bathroom Remodeling: Affordable Bathrooms & All Home Repairs (916)-989-2689
Garage Doors: ACTION Door Service (916) 635-5951
Photo Restoration: Restore Old Photographs (916) 483-6051
Fencing: Prime Time Fencing (916) 481-7315
Pool Service: National Pool Service (916)-532-0884
Pool Service: Greg the Pool Guy (671)-6284
Heating and Air: Christopher's Heating & Air (916)-223-1744
Paving: A Veteran Paving (916)-730-4949
Adult Care: Senior In-home Care Specialists (916) 247-1019
Construction: Brasiel's Construction Company (916) 725-4061
Lawn Service: J & J Lawn and Garden Service (916)-317-3450
Advertiser: Advertise Here at Low Monthly Rates (773)-1111
Painter: Brett S. Bunte Painting (916)-509-2178

Advertise Your Business Here at Low Monthly Rates • Call 773-1111

RUSS MONROE'S FUNERALS & CREMATIONS FD 1404 7960 WINDING WAY FAIR OAKS, CA 95628 Tel (916) 9611265 Fax (916) 9612430

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

ALTERATIONS by Patina SPECIALIZING IN BRIDAL & FORMAL 11082 Coloma Rd., Suite 7 Coloma Village Shopping Ctr. • Rancho Cordova (916) 853-1078 WWW.ALTERATIONSBYPATINA.COM

Dianda's Italian Bakery & Cafe (916) 966-3757 RUM CAKE • ST. HONORE • CANNOLI COOKIES • PASTRIES • ALMOND TORTE Located in Fair Oaks Village 10131 Fair Oaks Blvd. | Fair Oaks, CA 95628

Getting the Most Bang for Your Buck with Fireworks



A safe and sane fountain lets the sparks fly.

Continued from Page 1

- My Stars (TNT), \$29.99 – Impressive titanium crackles, but the chrysanthemums, flowers and colors are standard stuff in this short-burning fountain. Free with The Big One assortment (\$239.99). 78 seconds. 2 1/2 Stars
- Brew Haha (Phantom), \$29.99 – Beer stein-designed 500-gram fountain brims over with effects, including a loud opening whistle and a cavalcade of color. Fun to look at lit and unlit. 145 seconds. 4 Stars
- Rock Around the Clock (Phantom), \$24.99 – Spinning hands are hard to see at night, but this clock-looking novelty-fountain is a voracious vision in the dark. Price reduced \$5. Sweet. 84 seconds. 4 Stars
- Flash Dance (TNT), \$24.99 – You'll wonder if this 2-year-old sensation is on steroids after watching red fish zigzag and mainstream effects go bonkers. 120 seconds. 5 Stars
- Glittering Jewels (TNT), \$24.99 – Colorful fish with red, green and blue stars and titanium crackles. Wish it went longer. 85 seconds. 3 1/2 Stars
- TNT Fountain (TNT), \$23.99; Barrel of Fun (California Fireworks), \$20 – Long-burning powder keg-shaped fountain has a colorful, crackling performance. 152 seconds. 4 Stars
- Jack in the Hex (TNT), \$21.99 – Resembling a sprung-up jack-in-the-box, this 2-year-old dynamo boasts stellar stars, crackles, chrysanthemums,

- titanium crackles and a strobe effect. 116 seconds. 4 1/2 Stars
- Screech and Scream (California Fireworks), \$20 -- If you ever said, "Sure wish there was a firework that sounds like an ostrich giving birth," your prayers are answered in this Black Cat classic. 73 seconds. 3 1/2 Stars
- Pop Goes the Fountain (California Fireworks), \$20 – Good crackle and multi-colored sparks in this satisfying basic fountain from Black Cat. 63 seconds. 3 Stars
- American Spirit (TNT), \$19.99 plus bonus – Offers up a patriotic blend of red, white and bluish stars, gold showers and super-loud whistles and crackles. Comes with the boisterous, multi-colored Sizzler Fountain (90 seconds). Super deal. 125 seconds. 5 Stars
- Alpha Wolf (Phantom), \$19.99 – Debuted last year as an instant classic. Green and purple droplets, gold shower and crackling stars finale are awesome. No whistles, doesn't need them. 90 seconds. 4 1/2 Stars
- Pharaoh's Treasure (TNT), \$19.99 – Rare trapezoidal fountain boasts golden fish and globs, plus a nice performance of white smoke, a red torch with titanium rain, multi-colored sparks and crackles. 97 seconds. 4 Stars
- Hexagon Magic (Phantom), \$19.99 – A glowing shower of titanium chrysanthemums and colorful crackle stars. 104 seconds. 3 1/2 Stars
- Triple Gemini (TNT), \$17.99 – Impressive pink and

- gold fish, and crackles that sound like a string of titanium-laced firecrackers. 85 seconds. 4 Stars
- Hasta La Vista Baby (Phantom), \$16.99 – Like color and hate whistles? Then this is a solid pick with a screech-free spectrum of fast-changing colors. 125 seconds. 4 Stars
- Apache Firedance (Phantom), \$15.99 for two (buy-one-get-one) – Low altitude is more than compensated by a super-long burn time and marvelous sequence of crackles, whistles, white flashes and multi-colored sprays. Also goes by the name Havana Heat from California Fireworks (\$30, 1 Star). Phantom's is the deal of the season. 210 seconds. 5 Stars
- Mad Dog (TNT), \$14.99 for two (buy-one-get-one) – Amazing crackles, whistles and multi-color sparks are improved by TNT again making this a two-for-one item. 80 seconds. 4 1/2 Stars
- Firecracker Fountain (Phantom), \$14.99 for two (buy-one-get-one) – Lives up to its name with a remarkable crackling barrage and multi-colored pearls. 106 seconds. 5 Stars
- Flying Stars Fountain (Phantom), \$12.99 – Fantastic fish-featuring fountain that, because it's noiseless, is also friendly to pets and fuddy-duddy neighbors. 97 seconds. 4 1/2 Stars
- L.O.L. (TNT), \$12.99 – The happy 3-D face on the package features a red mouth and blue eyes that glow from within, making for loads of fun. 95 seconds. 4 Stars
- King of Bling (Phantom), \$10.99 – The crackles heard during the final third sound just like popping popcorn. Majestic chrysanthemums and whistle. 90 seconds. 4 Stars
- Night Treasure (TNT), \$10.99 – Despite its fan shape only the final half-minute is of that effect. Still a good value. Comes free with Block Party assortment (\$99.99). 113 seconds. 4 Stars
- Volcanic Vortex (Phantom), \$10.99 for three – Cones generally produce more yawns than sparks, but not this awesomely intense trio. 45 seconds. 5 Stars
- Grande Latte (TNT), \$10.99 – Boasts a crackle barrage, chrysanthemums and multi-colored showers. White sparks give the appearance of latte foam. 58 seconds. 3 Stars
- Garden Party (California Fireworks), \$10 – Impressive for its small size is this timeless, quiet and colorful fountain from

- Black Cat. 80 seconds. 4 Stars
- Under \$10**
- Lil Red Devil (TNT), \$8.99 for two (buy-one-get-one) – Packs plenty of heat for the size and price. Titanium crackling sparks spread out an impressive 9 feet. 37 seconds. 4 Stars
- Electrical Shock (Phantom), \$7.99 for two (buy-one-get-one) – Red and green showers give way to a raucous whistling and crackling finale. 40 seconds. 4 Stars
- Bazooka Torch (Phantom), \$7.99 – Proves that even at 2 1/2 feet long, handheld safe and sane candles are snoozers. Crackle finale is the only wake-up call. 56 seconds. 2 Stars
- Pink Diamonds (TNT), \$6.99 – Not much pink in the fireworks marketplace, so props to this unique, modestly priced item. 61 seconds. 4 Stars
- Jade & Butterfly Duo (Phantom), \$4.99 – A simple pleasure is this newly repackaged combo of two oldtimers. 28 seconds each. 3 1/2 Stars
- Screaming Willy (California Fireworks), \$4.50 pack of 6; Piccolo Pete (TNT) and Whistling Phantom (Phantom), \$4.99 pack of 6 – The performance of these classic whistling fountains were identical for years, but the latest test had Piccolo Pete burning out several

- seconds earlier than the competition. 14 seconds (Screaming Willy and Whistling Phantom) and 11 seconds (Piccolo Pete). 2 Stars
 - Spiral Lite (TNT), \$4.99 – A flickering fuse spirals around a tube of crackles and sparks, leading to a whistling tube sidecar. 44 seconds. 3 Stars
 - Moondance Fountain (Phantom), \$3.99 for two (buy-one-get-one); Purple Rain (TNT), \$5.99 for two (buy-one-get-one); Cool (California Fireworks), \$6 for one – These identical 4-inch dynamos spew loud crackles, purple pearls and glittering gold and white sparks. 35 seconds. 5 Stars (Moondance), 4 Stars (Purple Rain), 1 Star (Cool)
- If you're looking for the best value in a true display, go with an assortment. Be careful, though, as those exciting-looking boxes are often filled with bland, short-burning generic items or, even worse, fountains disguised as those sold individually. For example, King of Bling, Golden Gate Spectacular and Firecracker fountains are sensational, individually sold items by Phantom that last between 90 seconds and 2 minutes. However, inside Phantom's new Awestruck assortment (\$99.99), pieces bearing the names and labels of these fountains are

single-tube imposters each lasting a joyless 20-25 seconds. The sweet spot for assortments tends to start at about \$140. TNT's Big Timer (\$139.99 with a free The Heat fountain), California Fireworks' Let's Party (\$150 with tax-free promotion and generous satisfaction guarantee) and Phantom's Phantom Raider Finale Assortment (\$159.99) are winners as long as what's inside the box is the real deal.

One other tip: Unless you're set on supporting a particular group, you might want to shop around. That way you not only see the range of fireworks available in your area, but you can make the best deal on like items. For example, both TNT and Phantom have buy-one-get-one deals on three 10-piece boxes of morning glories (wooden sparklers), but at TNT those 60 morning glories are \$2 cheaper than at Phantom. Phantom gets the nod, however, on a 200-gram multi-tube fountain that's identical except in name; a pair of Phantom's Moondance fountains is \$2 less than TNT's equivalent Purple Rain.

The comforting news is whatever and wherever you buy legally in California, your fireworks money is going to a good cause.



CHAUTAUQUA PLAYHOUSE to open ANYTHING GOES on June 25

Chautauqua Playhouse announces its summer show, the Cole Porter musical ANYTHING GOES, opening on June 25, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through July 18. There will be no performance on July 4th. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

ANYTHING GOES debuted on Broadway in 1934 and introduced many of Cole Porter's biggest hits – "You're the Top", "All Through the Night", "Blow, Gabriel, Blow", "I Get a Kick Out of You" and starred a young Ethel Merman. The show was revised in 1962 and added several other Porter songs, including "It's Delovely" and "Let's Misbehave".

The musical show tells the tale of a cruise ship sailing from New York to London, carrying a stowaway, a gangster and his moll, an Evangelist turned nightclub singer, an English nobleman and his fiancé. Cases of mistaken identities complicate matters as the passengers on board think they are sailing with Public Enemy Number One.

The show, produced in association with Dreams-n-Stuff Productions, features Salina Diane, Warren Harrison, Rodger Hoopman, David John Silva, Monica Parisi and Lyra Dominguez. Choreography is by Pamela Kay Lourentzos. Set direction is by Rodger Hoopman.

For tickets or more information please visit the Chautauqua website at www.cplayhouse.org or call the theatre at (916) 489-7529 (PLAY).



Parenting is easy.

(Yeah, right).

Dial 2-1-1 for helpful, around-the-clock resources.

We know how difficult it can be. But now parents have somewhere to turn, anytime, day or night. With one call, you're connected to a wide variety of very helpful resources designed to assist parents and their families. And, best of all, it's free.

You'll find information and resources for health-related concerns, food and shelter, finding a job, parenting classes, a parent support line, even a crisis nursery. Our goal is to connect you with the people who can help.



Fireworks Safety

by David Dickstein

Every year thousands of Americans are either hurt or have their dreams go up in smoke due to carelessness or use of illegal fireworks. Here are some safety tips to help prevent you from becoming a statistic:

- Observe local laws, use good common sense and always read and follow directions on each firework.
- Use only state-approved "safe and sane" fireworks.
- Only use fireworks outdoors, away from homes, dry grass or trees.
- Have a responsible adult present.
- Put used fireworks in a bucket of water and have a hose ready.
- Light at a safe distance.
- Never attempt to re-light or fix a "dud."
- Never carry fireworks in your pocket.
- Always store fireworks in a cool, dry place.
- Never point or throw fireworks at another person.



Always use state-approved "safe and sane" fireworks.

ATTIC ANTIQUITIES and More

ONE OF A KIND STORE

6210 Fair Oaks Blvd., Carmichael
(Between Marconi & El Camino)
Next to Olivia's Doll Tea House & Car Wash

RED! Hot Bargains!
BLUE! Jeans \$10.00

Pre-Parade PARKING LOT SALE!
Sat, July 3 and Sun, July 4
8:00 a.m to 5:00 p.m.

*Look for the Windmill
and the flags on the Balcony!*

ENTER FOR A CHANCE TO WIN! A PICKUP TRUCK AT PARTICIPATING TNT® FIREWORKS STANDS AND TENTS, OR TNT® SUPERCENTERS.

No purchase necessary. Must be at least 18 years of age and have a valid driver's license. To enter, complete a form at a participating sales location by July 5, 2010. Only one entry per person. See Official Rules at sales locations or at www.tntfireworks.com for details. Promotion not sponsored by, approved by, or affiliated with any vehicle manufacturer, or its parent, subsidiaries, or affiliates. Void where prohibited.

SEE OFFICIAL RULES FOR DETAILS: For Illustration Only. Vehicle offered as prize will differ.

\$10 off

ANY PURCHASE OF \$50 OR MORE

Not valid with any other offer. CODE# 4110
Product availability governed by state and local laws. Check local ordinances for sale and use of fireworks.
To redeem you must present coupon at checkout of participating TNT® Fireworks stands and tents, or TNT® Supercenter locations.
OFFER GOOD THRU JULY 5, 2010.

\$5 MENU

More under \$5 items available at your local TNT® Stand.

Over 15 items under \$5

\$2.29

\$4.99

FREE FINALE

With Select Assortment Purchase

\$139.99
RETAIL VALUE \$164.04

Buy a BIG TIMER and Get a TNT® FOUNTAIN FREE

\$23.99 Value
While Supplies Last!

\$239.99
RETAIL VALUE \$310.01

Buy a BLOCK PARTY and Get a NIGHT TREASURE FREE

\$99.99
RETAIL VALUE \$130.33

\$29.99 Value
While Supplies Last!

Buy a TNT® BIG ONE and Get a MY STARS FREE

TNT FIREWORKS

BUY ONE GET ONE FREE

WHILE SUPPLIES LAST

\$2.49

\$8.99

\$5.99

\$4.99

\$7.99

\$14.99

\$19.99

NEW FOR 2010

\$4.00

\$3.00

\$10.00

\$19.99



Cindy Sue Jones of The Pampered Chef

12 Years Experience in "FUN" Kitchen Shows
Fundraisers, Bridal Shows, & Earning Opportunities!

916-988-4810

www.PamperedChef.biz/CindySueCookingParty

Check out my site. You can order from my website 24/7!
Monthly specials and the NEW outlet store are there too!



Hometown Hero

Air Force Airman Aaron C. McKeage



Air Force Airman
Jesse L. Smith

Air Force Airman Aaron C. McKeage graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

He is the son of Christopher McKeage of Buckeye Court, Sutter Creek, Calif., and Linda Palmer of Waldron St., Fair Oaks, Calif.

McKeage is a 2009 graduate of Amador High School, Sutter Creek.

100% Satisfaction Guaranteed



Better Hearing Made Easy

Get the world's first disposable hearing aid

If you or your loved one has mild to moderate hearing loss, the all-new Songbird® flexfit™ is the ideal solution. Easy and affordable, it offers a revolutionary alternative to costly traditional hearing aids. Use it only when you need it, just like reading glasses. Adjustable for a personal fit, it's perfect for those who want to improve hearing on their own terms—without sacrificing quality or comfort.

ALL NEW!

Improve your hearing without hassle or major expense

- Crystal-Clear Digital Sound Quality
- Lasts for 400 Hours of Active Use*
- No In-Office Fittings or Maintenance
- No Batteries to Replace
- Order from Home—by Phone or Online



Makes conversations clearer and more enjoyable

You may not always need help hearing.
For the times you do, trust Songbird.



Two Payments of **\$39⁹⁵**

ASK HOW TO GET FREE SHIPPING!

Not available in stores
Try It Now Risk-Free†
Call 1-888-287-4963



Compact design as shown in hand



Product worn as shown—hides discreetly behind the ear

*Under typical use patterns, battery lasts for 400 hours of active use (when turned on). Make sure to turn the device off when not in use to maximize battery life. †Less shipping and handling. The Songbird flexfit™ disposable hearing aid is for mild to moderate hearing loss. Not intended for use by anyone under 18 years of age. Hearing loss can be a symptom of a medically treatable condition. Consult your doctor prior to using any hearing aid.

PR07220835

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

"Inner Views" - Northern California Arts Membership Show June 15 - July 3, 2010

"Paint the Fine Arts Center" Workshop with David Peterson
Saturday, August 14, 2010, 9:00 a.m. to 1:00 p.m. Fee - \$40

Exhibition Schedule

July 6-31	Magnum Opus XXI
Aug 3-14	Docents Show and "Pinup" Show
Aug 17-Sept 4	Phyllis Eymann and Students
Sept 7-Oct 2	"Go With The Flow 2010", WASH Open Watercolor Show
Oct 5-30	NCA Bold Expressions
November 2-20	Annual Photography Show
November 30-December 18	Members Holiday Art Exhibit

5330 - B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713
Hours Open 11 AM to 3 PM Wed. thru Sun. • Tuesdays 11 AM 7 PM.



Save with Daily
Grocery Coupons at

www.CarmichaelTimes.com

The quality of life you want for your loved one . . . and then some!

A remarkable value in memory care, including memory day care.



the Chateau at Carmichael Park

7125 Fair Oaks Blvd, Carmichael

Hank Fisher Properties senior communities are known for their quality care and generous services. At *the Chateau*, residents receive exceptional memory care at a very affordable rate. A trained, compassionate staff is available 24 hours a day to ensure residents enjoy life-enhancing activities and a service-rich environment; including meals, housekeeping, medication management, other personal care and much more.

The Club Carmichael Park, a memory day care program, is an added resource for spouses, families and friends caring for a senior loved one with memory loss. *The Club* participants enjoy meaningful activities, care and companionship while family caregivers run errands or simply relax.

Call Suzanne at
(916) 481-7105!

Be our guest for a FREE trial!

LIMIT ONE COUPON PER FAMILY

the Chateau
at Carmichael Park

Lic. #347001523

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

Offer valid through June 30, 2010

Good for a trial ~
two nights FREE!
Call Suzanne
to make a reservation
(916) 481-7105

Enjoy two nights FREE
in our TLC (Respite) Suite.



www.HankFisherProperties.com



Carmichael Chamber of Commerce



Linda Melody (l), Pastor Duckett and Staff show off the great food from their previous luncheon.
Photo by Susan Maxwell Skinner.

Four Chamber Mixer June 30

The Carmichael Chamber's next mixer will be a multi-Chamber mixer on Wednesday, June 30 from 5:30 - 7:00 p.m. at Northridge Country Club, 7600 Madison Ave, Fair Oaks, 95628. Hosts for this event include the Chambers of Carmichael, Fair Oaks, Orangevale, and Citrus Heights. Northridge will be catering the event and there will be plenty of businesses represented at this table top mixer. You won't want to miss out on the great raffle prizes. We are going to be collecting paper and pencils to help out our local schools. Bring plenty of business cards to network within the different Chambers, and a raffle prize to share. For more information, contact the Carmichael Chamber office at 481-1002.

or organization. Hosts must be Chamber members. For more information, or to host a mixer, please call Linda at the Chamber office at 481-1002.

New Website Coming This Month

The Carmichael Chamber will have a new website this month. There will be different levels of sponsorship for your business. This will give you and your company or organization much more exposure. To get more information, please contact the Chamber office.

Need Mixer Hosts

July 14, August 11, November 10

The Carmichael Chamber is looking for member businesses to host a Chamber mixer for July, August, or November. Mixer's are held on the second Wednesday of each month from 5:30 p.m. - 7:30 p.m. This is a great opportunity to showcase your business and increase awareness of your company



Contact us for more information on the Carmichael Chamber of Commerce
Phone (916) 481-1002 • Fax (916) 481-1003 • www.carmichaelchamber.com

Sacramento CAPITALS

25 YEARS

Get Close

Fast. Family. Fun.

July 5-22

Capitals Stadium
Westfield Galleria at Roseville

Michael Chang
(appearing July 5)

Lindsey Davenport
(visiting July 14)

Get up close and personal with the World TeamTennis Sacramento Capitals. Tennis like you've never seen – fast-paced matches, music, food, energized fans – and above all, fun for the whole family.

WTT Get in the action this season.
Order tickets today.

gocaps.net or call 916.638.4001

DC JR. COUGARS

WANNA PLAY FOOTBALL

COME OUT AND SHOW YOUR SKILLS FOR THE 2010 FOOTBALL SEASON. AGES 6-14YRS OLD

WE ARE TRAINING THE NEXT GENERATION OF DEL CAMPO FOOTBALL PLAYERS. WE STRIVE TO TEACH FOOTBALL SKILLS, INTEGRITY, TEAM WORK, SELF DISCIPLINE, LEADERSHIP AND GOOD SPORTSMANSHIP. WE ARE PROUD TO BE A ATHLETIC PARTNER OF THE DEL CAMPO HIGH SCHOOL FOOTBALL PROGRAM, DIVISION III SECTION CHAMPIONS AND COACH OF THE YEAR, MIKE DIMINO.

CAMP BEGINS JULY 27, 2010

FOOTBALL REGISTRATIONS \$250.00 INCLUDES PERSONALIZED JERSEY TO KEEP & PRE-SEASON FOOTBALL CAMP HOSTED BY COACH OF THE YEAR, MIKE DIMINO RETURNING ATHLETES BRING A FRIEND & RECEIVE \$20 OFF PAID REGISTRATION!!

Accepting Deposits and payment arrangements



VISIT OUR WEBSITE FOR REGISTRATION DATES
WWW.DCJRCOUGARS.ORG
A Non-Profit Organization
COUGAR HOTLINE: 916-968-0509



SHOW US YOUR SPIRIT AND LEARN CHEERLEADING SKILLS, TEAM WORK, SELF DISCIPLINE AND GOOD SPORTSMANSHIP WITH THE DC JR COUGARS CHEERLEADERS.

2010 JAMZ NATIONAL CHAMPIONS!

IF YOU HAVE WHAT IT TAKES TO HAVE FUN, SHOW LEADERSHIP AND SHINE

WE WANT YOU!!!

CHEER REGISTRATIONS \$200 (does not include uniform)

MASCOT REGISTRATION \$150 (rental uniform included)

C H E E R L E A D E R S

THIS PROGRAM IS NOT AFFILIATED WITH SAN JUAN SCHOOL DISTRICT. SJUSD ACCEPTS NO LIABILITY OR RESPONSIBILITY FOR THIS PROGRAM