

Carmichael Times



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Volume 30 Issue 25

Serving Carmichael and Sacramento County since 1981

June 23, 2010

RT Implements Service Changes



Regional Transit riders face many frustrating changes in their daily schedule.

Sacramento Region - In response to an estimated \$25 million budget shortfall for Fiscal Year 2011, the Sacramento Regional Transit District (RT) implemented service changes affecting bus, light rail and complementary paratransit service effective Sunday, June 20, 2010.

The service changes, expected to produce an estimated net savings of \$11.7 million in Fiscal Year 2011, will affect 39 of the 91 bus routes that RT currently operates. RT will discontinue 26 weekday routes, 13 Saturday routes and four Sunday routes.

Late night light rail service will be discontinued. The last trip on the Blue Line leaving the Watt/I-80 light rail station will depart at 8:59 p.m. and arrive at the Meadowview light rail station at 9:47 p.m. The last trip on the Blue Line leaving the Meadowview light rail station will depart at 9:50 p.m. and arrive at the Watt/I-80 light rail station at 10:38 p.m.

The last trip on the Gold Line leaving the Sacramento Valley Station light rail station will depart at 8:58 p.m. and arrive at the Sunrise light rail station

at 9:40 p.m. The last trip on the Gold Line leaving the Sunrise light rail station will depart at 9:43 p.m. and arrive at the St. Rose of Lima Park light rail station (9th & K) at 10:20 p.m. The last trip on the Gold Line to the Sacramento Valley Station light rail station will arrive at 8:55 p.m. (departing from the Sunrise light rail station at 8:13 p.m.).

RT's Americans with Disabilities Act (ADA) complementary paratransit service will continue to be provided during the same days and hours that RT's bus and light rail service is

in operation.

During the last few years, RT has implemented a number of cost-cutting measures – including service reductions, fare increases, a hiring freeze, freezing employee pay and employee furloughs. By September 2010, RT will have reduced its workforce through layoffs and retirements by approximately 180 employees since the RT Board of Directors approved service changes on March 29, 2010.

Service reductions, combined with approximately \$11.1 million in State Transit Assistance funds expected to be restored to RT and revenue generated by the future expansion of the Park-Pay-and-Ride (parking fee) program, will resolve the \$25 million budget shortfall for Fiscal Year 2011.

“It has been well-publicized that RT is faced with the biggest operating deficit in our history,” Mike Wiley, General Manager/CEO, stated. “There is no quick or easy fix to make up the staggering shortfall without making tough decisions. As the economy rebounds, we will focus on rebuilding our transit network and restore critical services that our communities desperately need.”

For detailed information, passengers are encouraged to pick up a new pocket timetable. For route, schedule and fare information, call 916-321-BUSS (2877) or visit www.sacrt.com.

Abandoned Wells a Deep Problem



The Sacramento Region is dotted with abandoned wells such as this one, posing a hazard to residents. Photo courtesy of Sacramento County

Sacramento Region - Abandoned wells can threaten groundwater quality and are a safety hazard for humans, especially children, and small animals. With these concerns in mind, Sacramento County's Environmental Management Department (EMD) is developing a field survey program to identify abandoned wells and ensure that unsafe or problematic wells are properly secured or destroyed.

According to well drilling records maintained by the California Department of Water Resources (DWR), over 16,000 wells have been installed in Sacramento County. Many more hand-dug and uncased wells were undoubtedly installed prior to establishment of the DWR water well database in the early 1950s.

Sacramento County relies on groundwater to supply approximately a half of its water needs. Groundwater is obtained both from large water supply wells maintained by local water districts in urban areas, and by individual domestic and irrigation wells in more rural areas not serviced by public water suppliers. Due to deterioration, many abandoned wells allow runoff water carrying bacteria, sediment, fertilizer, pesticides and other surface pollutants to flow directly down into groundwater. This bypasses the natural filtering and degradation processes that can take place as these materials move through the soil. It is therefore crucial that steps are taken to protect this vital resource and help ensure a safe, adequate water supply for County residents, businesses and farms.

Records abound of deaths and injuries to people and animals falling into wells. This underscores the importance of identifying and properly securing these structures. Open pit wells and large diameter drilled wells are particularly hazardous.

Abandoned wells have been found in Sacramento's rural areas and urban neighborhoods. A resident of Land Park in Sacramento was surprised recently to find an abandoned and improperly capped drilled well in her backyard. She was especially concerned when she discovered her two-year-old granddaughter playing near it. In early 2010, two dogs fell into a 20 foot deep well near Franklin Blvd. They were safely rescued by Sacramento firefighters.

Merely capping an abandoned well is not enough to prevent it from becoming a problem. In order to protect the health and safety of the people living near them, these wells should be properly plugged or sealed soon after abandonment. However, there is more to plugging a well than simply dumping something down the hole. Plugging materials must be strong, durable and free of contaminants. Effective well plugging requires experience and knowledge of well construction materials and methods.

For more information about the Abandoned Well Program or help locating an abandoned well on your property, visit www.emd.saccounty.net. You may also call the Abandoned Well Line at (916) 875-8532 or email EMD-abndwells@saccounty.net.

Unpermitted Mobile Food Vendors Pose Risk



Look for the little green sticker seal of approval.

Sacramento Region - Are fresh cut fruit cups, baskets of bright red strawberries, or prepared foods such as homemade tamales sold from a mobile cart safe to eat? How would you know?

You can find unpermitted mobile food vendors on street corners throughout Sacramento County. Most have makeshift carts that are little more than a cabinet on wheels. One of the most common unpermitted fruit vending operations use a

distinctive rainbow umbrella and sell fruit sliced and assembled on carts with no hand washing or refrigeration. These carts can be found in front of schools, at parks during league events, and even outside of churches. Some unpermitted vendors sell produce out of their car trunk or pick-up truck.

The food prepared and sold by unpermitted vendors may not be kept hot or cold enough; they may not have hot water, soap,

and paper towels to wash their hands or utensils; and they do not have access to a restroom. Many foods, including cut fruit, can grow bacteria such as Salmonella if not kept at temperatures below 41° F. Hot foods such as tamales and roasted corn must be kept at 135° F or hotter.

The elderly and small children are more likely to become ill from contaminated food, says John Rogers, Sacramento County Environmental (EMD) Health Division Chief. “Lack of a hand wash sink means unwashed hands, and unwashed hands are the leading cause of food contamination. Don't take the risk – you could become very ill.”

Vendors with a permit to sell food means they have been inspected by EMD and meet health and safety code requirements.

EMD estimates there are hundreds of unpermitted mobile food vendors throughout the County, and the numbers are increasing. With the downturn in the economy, many people are looking for a way to make ends meet, and often a food cart seems like a quick and easy way to earn additional income.

Produce sold by these vendors may be stolen, but often it is purchased from a produce market at reduced rates because it has limited shelf life, says Frank Carl, Sacramento County's Agricultural Commissioner.

“Transient vendors compete with local producers and businesses that are working hard to produce a fresh wholesome local product.”

Dan Best, coordinator of Certified Farmers' Markets of Sacramento, points out these are not local farmers. “The buying public is constantly being misled that these itinerant peddlers are local farmers selling their local harvest. They purposely set up a block or two from a local strawberry farmer's farm stand and sell berries from Mexico.”

So what is EMD doing about unpermitted mobile food vendors in Sacramento County? They have launched a summer public education campaign intended to alert the public to the risks associated with eating foods sold by unpermitted vendors. EMD also urges everyone to look for the permit sticker before buying food or produce from vendors. The 2010 sticker is green.

If you see an unpermitted mobile vendor in the same location more than once, call EMD at (916) 875-8440 to report it. Be sure to include the time of day and location where the vendor can be found. For more information, go to www.emd.saccounty.net.

Remember: Look for a Sacramento County permit sticker. If in doubt, keep walking. It is not worth the risk!

FOR FOURTH OF JULY PARADE INFORMATION SEE PAGE 3

Girl Scout Troops Help with Airlift of Cookies Overseas



The Girl Scouts Heart of Central California help prepare a shipment of cookies headed for Iraq and Afghanistan. Photos courtesy of Girl Scouts Heart of Central California.

Sacramento Region - Girl Scouts Heart of Central California and the California National Guard have partnered with, and held an event to recognize the Girl Scouts who have worked hard to ensure troops overseas receive Girl Scout Cookies.

Local Girl Scout Troops from sold Girl Scout Cookies during the months of February and March to raise money for their troops but also encouraged the community to purchase Girl Scout Cookies as a donation to the troops overseas.

Several Girl Scout troops successfully collected 198 cases of Girl Scout Cookies (which equals 3,600 boxes or 12 pallets) and Lt. Col. Laura Yeager with the National Guard accepted the cookie donation on behalf of the soldiers and airmen of the

California National Guard.

The Girl Scouts who were recognized, and their families and friends, were given a hands-on tour of the California Army National Guard's heavy lift helicopter, the CH-47 "Chinook" helicopter. After a few words and a poem from the local troops, Girl Scouts assisted the Guardsmen in loading the last pallet of donated Girl Scout Cookies into the "Chinook."

The girls watched the helicopter take off as the cookies began the first leg of their journey to Iraq and Afghanistan.

Girl Scouts with the most contributions to the Troops to Troops program were presented with certificates of appreciation. Those Girl Scouts are: Hanna, Madison, Miranda, Dominoe, Haley, Alyssa, Megan B, Megan



M, Laura, Kacie, Katherine, Amanda, Alexis Kiersten

The local council, Girl Scouts Heart of Central California is headquartered in Sacramento and serves nearly 29,000 girls in 18 counties in Central California. Founded in 1912, Girl Scouts is still the leading authority on girls' healthy development, and builds girls of courage, confidence and character who make the world a better place. For more information, visit www.girlscoutshcc.org.

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.

Two Veteran Special Softball Volunteers 'Benched' at Orange Grove Adult School



Ray Willey and Donna Adams were honored by Orange Grove Adult School June 12 for their combined 45 years' volunteerism on behalf of special athletes. Photos courtesy of Allyson Willey.

Sacramento Region - On June 12 Donna Adams and Ray Willey were honored by Orange Grove Adult School's PTA for volunteering a combined total of 45 years on behalf of Special Softball athletes with developmental disabilities. They each received a bronze plaque which will be installed on two metal benches. The benches were purchased by the school's PTA and will be located on the school's softball field for athletes and their families to use and enjoy for many seasons to come.

The surprise presentation was part of this year's Special Softball Program's 43rd Annual Awards Ceremony & BBQ, which was attended by about 200 adult athletes and their families. Featured guest speakers included Paige Ashley, Principal of Orange Grove Adult School; Bertha Mitchel, PTA President; Frank Adams (Donna's husband and long-term volunteer); and Joey Swiencki, Special Softball

Program Coach. About 120 athletes received certificates, ribbons and awards for their participation, good sportsmanship and enthusiasm. The Embarcadero Lions Club generously cooked and provided food for all attendees.

The Special Softball Program was organized in 1968 by Wanda Porter, whose youngest son Ronnie, was developmentally disabled. Through the years it has grown into a successful and important community program sponsored by the Sacramento Parks and Recreation Therapeutic Recreational Services, for the benefit of hundreds of adult athletes and their families. Each year about 40 volunteers coach four minor league teams and six major league teams from March through mid-June. The spirit behind the Special Softball Program is to promote good sportsmanship and provide opportunities to develop athletic skills.



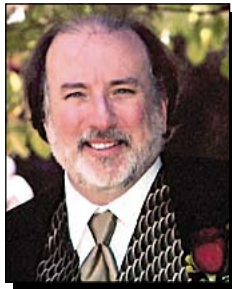
Chris Fry, left, and Bill Adams from the Special Softball Padres' team.

The plaque for Donna Adams reads: For 30 years of dedication and inspiration to all the athletes and the special softball program. Thank you. Ray Willey, an adult education teacher, joined the program 15 years ago as co-director and field supervisor. His plaque reads: In recognition of your valued volunteerism and selfless support to Special Softball since 1995.

If you would like to play ball, volunteer your time or donate to this worthy community service, please call Donna Adams, 916-988-1548.

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.

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

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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

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

Renovation of Blairwood Townhomes Now Complete



State tax credits boost affordability of new, low-priced units in Carmichael. Photo courtesy of Pathfinder Partners, LLC

Carmichael - Calif. - Pathfinder Partners, LLC, a San Diego-based fund manager that acquires distressed commercial real estate loans and real estate from financial institutions, has completed the renovation of 19 attached townhomes at Blairwood, a newly constructed community in Carmichael.

According to Mitch Siegler, senior managing director of Pathfinder Partners, these new townhomes, with prices starting as low as \$169,990, are now move-in ready and offer a financial equation which is especially appealing to renters.

"With interest rates for 30-year mortgages at about 4.75%, and the new California tax credit in place, the timing could not be better for renters looking to buy," said Siegler. "The Blairwood homes are priced well below replacement cost. With the tax credits and low mortgage rates, the net monthly payment is lower than renting," he noted.

The partially completed project had fallen into foreclosure in 2009 when Pathfinder stepped in. "When they were initially marketed in 2007-2008, these townhomes were priced above \$400,000," Siegler said. "We

were able to obtain them for far less and are passing the savings on to our buyers."

Siegler estimates that with savings owners reap from the state tax credits - along with standard federal mortgage interest and property tax deductions - net housing costs at Blairwood could be as low as \$900 to \$1,000 per month for the first three years, less than average rents for the area.

Sweetening the deal: the homes are brand new, with state-of the art amenities and options. Each unit offers up to 1,663-square-feet, with two and three bedrooms and baths, along with direct garage access. Special appointments include granite slab counters, stainless steel appliances, raised-panel alder wood cabinets, designer lighting (including under-cabinet fixtures), hardwood and tile floors and master bedroom walk-in closets. Sustainable features include dual-pane, energy-efficient windows, programmable thermostats and dual-zone heating and air-conditioning. Additional upgrades are also available.

Applicants need not be first-time homebuyers to be eligible

for the state tax credit program - through which \$200 million is available for the purchase of new or existing California homes.

The credits are for as much as \$10,000 or five percent of the purchase price. The program will be offered until December 31, 2010, or until the funding has been exhausted. (For more information, go to www.ftb.ca.ca and click on "individuals.")

The attractively designed community is located at 5132 El Camino Avenue in Carmichael in a quiet neighborhood surrounded by mature trees. It is conveniently located near shopping, restaurants, outdoor events and recreation at Carmichael Park and old town Fair Oaks. The homes and sales office are open from 11 a.m. to 5 p.m. Friday through Monday. For more information or to schedule a tour, please call the listing broker, The Advantage Group at (916) 488-8333.

Pathfinder Partners, LLC, makes opportunistic investments in distressed real estate assets and defaulted loans. Pathfinder manages the Pathfinder family of opportunity funds, including Pathfinder Partners Opportunity Fund I, LLC, Pathfinder Partners Opportunity Fund II, L.P. and Pittman Pathfinder Colorado Opportunity Fund I, L.P. Pathfinder's recent investments have been concentrated in single-family and multi-family residential projects in California, Colorado, Florida and Texas, though the funds have also acquired defaulted loans on an office condominium and a mixed-use retail project, both in San Diego County. In addition, Pathfinder is active in other Sunbelt states, like Arizona and Nevada, which have also experienced a high level of CRE distress.



Dr Bob Graykowski



A healthy spine is the foundation of a healthy life. Most people often wait too long to find out how to keep the spine healthy and suffer from unnecessary injuries.

I often say to my patients, "If your spine was on your face you would probably take better care of it." More people in America are on disability and can't work because of back problems than any other single condition. The good news is this problem is most often preventable with proper evaluation and spinal care. The challenge is we are constantly receiving valuable signs for attention yet medications mask these important signals until the problem often becomes irreversible or needs a surgery.

The spinal column supports the body and houses the spinal cord. This bony lifeline, with its numerous components spends countless hours navigating this strong but flexible

Why the Most Important Checkup is Often Missed

superhighway full of twists and turns. Even the slightest deviation of this intricate circuit board can spur complications ranging from headaches to backaches, weakness and numbness, carpal tunnel syndrome to infantile colic.

The spine is actually a chain of 24 freely movable bones known as vertebrae which extend from the base of the skull to the pelvis. In between the vertebrae are cushioned pads called 'discs' and a steering hinge joint in back called 'facets'.

The first part of a spinal check up includes a thorough postural exam to find spinal 'stress points.' These stress points can restrict movement of the individual vertebrae and put pressure on the spinal column. This condition, called "vertebral subluxation," leads to many unwanted conditions people suffer from needlessly on a daily basis.

The next important piece of a check up is to get a thorough history to determine the extent of the spinal exam needed. Even old injuries like car accidents, slips, falls or strains of heavy lifting may have caused spinal subluxation. Even as far back as the birth process and injuries in adolescence can cause long term problems with spinal health.

A thorough exam is then performed which includes the 'sense of touch' to palpate for muscular imbalances, and spinal alignment. A full spinal motion palpation exam of every vertebra often finds the level of subluxation. If spinal subluxation is detected further

diagnostic testing such as X rays and nerve study tests may be needed to qualify the severity of the condition and extent of any degeneration. The best treatment to correct the spinal misalignment is performed by a licensed chiropractor. The treatment is a safe and gentle maneuver called a 'chiropractic adjustment' which helps restore proper position, movement and function back to the spine. Chiropractic provides a safe, non-invasive alternative to surgery and medications that often mask health problems.

Remember, even a slight misalignment of the spine can lay dormant and create chronic health conditions. How is your spinal health? The best way to find out is to get a very important check up. Don't put off taking care of your spine. Schedule and appointment for a Subluxation check up today. Call (916) 973-1661

At Chiropractic USA we focus on reducing spinal stress which in turn reduces stress on our nerves. Correcting our posture to match a healthy daily lifestyle is most important to stave off future pain which magnifies stress.

If you're under stress, but don't currently have back pain, consider yourself lucky. Now is the time to focus on prevention. Make an appointment today for a summer spinal check up or attend our weekly wellness workshop.

Creating a healthy community
Dr Bob Graykowski

'Touch of Health' Weekly Vitality Workshop

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



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

July 20 Essential Steps to a Vital Nervous System

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- Spinal correction specialist
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- Carmichael chamber business person of the year 1995.



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.

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HOMES



Take advantage of up to \$10,000 in tax incentives AND save up to 60% on your electric bill!

Join **SMUD SolarSmart Homes** and **LENNAR** on Saturday, June 26 at Kavala Ranch, 11886 Elk View Way, Rancho Cordova, CA 95742

Solar presentations at 11:30 a.m. and 1:00 p.m.

Learn more at savewithsmud.org



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- ❖ Most Beautiful You: safe, simple and easy non-surgical enhancements to prepare your face and body for your wedding day

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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
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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

Camp Have-A-Lot-of-Fun 2010

DATE: June 21 - August 13 TIME: 9 a.m.-12 p.m.
FEE: \$48.00 per Weekly Session
LOCATION: Mission North Park, 3344 Mission Ave., Carmichael
For registration information, go to www.morpd.com or call Rich at 488-7276 ext. 3008

The camp is divided into two age groups:
AGES 3-5 YEARS
This group is for boys and girls who have not yet been to kindergarten. All campers must be toilet trained.
Grades K-4
This group is for children who have completed grades kindergarten through fourth.



FREE Summer Camp



PROGRAM USES PHYSICAL ACTIVITY, HEALTHY EATING AND FUN LEARNING.

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Animal Care Reminds People to Get Their Pets Ready for Summer

A few simple precautions can help your pet beat the heat

Sacramento Region - As the weather starts to warm up, the County Animal Shelter is reminding pet owners of the importance of taking certain precautions to make sure their animals stay safe and cool during the hot Sacramento summer months.

"Pets are completely dependent on their owners to take care of them, and it is important that people stay alert to their pet's health and well being," said Carl Simpson, Interim Animal Shelter Director. "One of the more common instances we see of endangering pet's health is dogs left in cars in hot weather. All it takes is a few minutes for a dog to succumb to heat stroke."

Below are some tips on how you can help your pet get ready for summer:

- Never leave your dog in a parked car: Even cracking a window won't protect your pets. It is against the law in California and could be punishable by a fine.
- Avoid extreme heat: When temperatures get above the 90s, take your pet inside. For outdoor pets, be sure to provide them with plenty of fresh, cold water in a tip-proof water dish and shade for them to cool down.
- Don't exercise with your pets when it is too hot: Older

and certain long-haired dogs can be particularly susceptible to heat, and hot asphalt can burn their paws. Exercise in the early morning or evenings and make sure both of you have plenty of water. It will be easier on both of you.

- Use sunscreen: Pets get sunburned just like people, and if your pet has light skin, they can be particularly susceptible to a painful burn. Use sunscreen on sensitive areas, such as ears or nose to make sure your pets are protected.

- Don't take your pets to crowded summer events: The heat, noise, and crowds can be overwhelming to your pet. It is best to leave them at home in a quiet, cool environment.

- Secure your dog during transport: Make sure your dog is secured safely in your vehicle or tethered by a rope or chain in the bed of your truck to prevent the dog from falling or jumping from the vehicle. Transporting animals without properly securing the animal on a public highway or public roadway (exceptions for working dogs within agricultural or rural areas) is against the law in California and could be punishable by a fine.

- Be your pet's lifeguard: While swimming can help some

of your pets get exercise without overheating, always supervise your pets when swimming either in a pool or in area waterways. A dog could get tired swimming, particularly if it is in the river and must fight against currents.

If your pet has been exposed to high temperatures...

- Be alert for signs of heat stress including heavy panting, glazed eyes, a rapid pulse, unsteadiness, staggering gait, vomiting, or a deep red or purple tongue.

- Move your pet immediately to the shade to help lower their temperature immediately. Apply cool (not cold) water to the pet, apply ice packs and cool towels to your pet's head, neck, and chest.

- Take your pet to a veterinarian immediately. It could save its life.

If you should see animals in danger and potential neglect or abuse cases, please contact the Animal Shelter to report the issue at 916-368-PETS (7387).

Information gathered from the Dumb Friends League, the American Society for the Prevention of Cruelty to Animals, the Sacramento Society for the Prevention of Cruelty to Animals, and the Sacramento County Animal Care and Regulation.

How to Pick an Online High School Program

A parent's guide to the pros and cons of various options—plus what all those terms mean for your student.

by Fred Lamora

Sacramento Region - A simple Google search for an online high school will return a surprising number of options for your student, but not all programs are the same. When it comes to choosing the best fit for your student, you'll want to consider two things: what type of material your student will interact with and the delivery model (that's the way in which students interact with the material).

Delivery models usually fall into one of four categories: asynchronous on-line, synchronous on-line, hybrid/classroom and hybrid/non-classroom models.

Asynchronous models: you log on, read text or watch video, respond to multiple-choice, short answer or sometimes even essay questions, then wait for feedback, either automated or returned, within a prescribed turnaround time.

The Pros & Cons: The advantage of this model is that students have access to the materials 24/7. The schedule, unlike traditional school, is flexible, allowing students in any time zone to participate. Another advantage of asynchronous interaction is that students have time to formulate their responses to questions before writing them. The disadvantages include limited social interaction with both peers and the instructor, limited and delayed feedback and a lack of a sense of community within the program.

Synchronous models, like their asynchronous counterparts, offer automated feedback, but also add the dimension of real-time interaction through chat and video conferencing with teachers and peers.

The Pros & Cons: These environments do begin to chip away at the lack of social interaction, but in themselves do not fully recreate a live face-to-face experience. In order to have synchronous meetings, you do need to be on your computer at a certain time, on a certain page, to interact, thus limiting the flexibility for families. "Synchronous interactions allow students to build a social group since the discussion is more like a conversation. The problem is, that like a conversation, students blur out responses and therefore you do not think in depth about what they are saying", states Dr. Joy Lopez, Director of Instructional Technology

at Bishop O'Dowd High School in Oakland.

Hybrid/classroom models attempt to bring the technology to a classroom by using online environments to extend the school day for students. For students who may need more time on an assignment or need greater access to resources, this may be an option. This option allows parents to have students on-ground everyday in a traditional school while having access to online materials and resources after school hours.

The Pros & Cons: Because students come together in class to work, a learning community through face-to-face social interaction can more easily be created than in non-hybrid models (students who are in strictly online environments often leave those programs) due to the lack of social interaction. Students who have trouble with traveling to and from school, who have difficulty with the traditional school hours or format, or for those families who do not feel the traditional school environment fits with their lifestyle or values may not find this option. In addition, if the only access a student has to the computer in the classroom, they lose the ability to do their work at home.

Hybrid/non-classroom models are intriguing. Students have 24/7 access to on-line environments, but come together in a face-to-face meeting outside of a traditional classroom. This would typically be in a field experience tied to curriculum.

The Pros & Cons: A learning community between peers and the instructor is created through both the face-to-face meeting and through the synchronous and asynchronous tools used in the environment. In many ways, it takes on the best of what the other environments offer. This may also be a challenge for students who need the structure of a traditional classroom. "The hybrid/non-classroom models allow students and families flexibility with regards to learning times and locations, without sacrificing the interactions needed to build community and learning. Synchronous discussions help build community and generate quick ideas and thought, while the asynchronous discussions allow for greater depth and understanding of the curriculum. Add into this equation well placed

and designed face-to-face meetings to co-work, create, or explore and students now have a balanced and richer learning experience", states Dr. Lopez.

Course materials are the other important consideration for families shopping online high school programs. Some online classes provide materials that are no more than a digital version of the classroom textbook. Students read the same two-dimensional textbook on a computer screen. The activities are tied to reading and interacting with this text, providing a flat experience.

Other variations of this model include the addition of video files and primary sources. Rich online environments embody 21st Century learning - a term that gets thrown about quite frequently (go to ISTE.org for a detailed list of the qualities of 21st Century Learning). These experiences can be rich with student inquiry, research, and project creation. They heavily leverage critical thinking and problem solving skills and foster collaboration between peers.

"In this environment, students will be able to demonstrate their learning in creative ways, compared to the worksheets and chapter quizzes that they interact with in traditional schools," says Jennifer Russell, 9th grade teacher for VisionsEDGE (Educating Differently in a Global Environment), a pilot program by Visions In Education launching in the fall.

"A solid relationship between the teacher and student is the foundation of the program," adds Christy McKinnis, Project Co-Manager for VisionsEDGE. McKinnis advises parents to look for online programs that challenge students with a rigorous curriculum steeped in 21st Century skills, such as innovation, collaboration and critical analysis, and that allow students to create, share and interact with fellow students, teachers and content using Web-based tools and environments.

Fred Lamora is the Administrator for Curriculum and Professional Development for Visions In Education, a free public charter school based in Carmichael, which serves Sacramento and adjoining counties. To contact Fred Lamora 916-971-5558X, or more information about online education programs, visit Vedu.orvisionsedge.org.

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First 5 Sacramento's Five Steps to a Safer Family Summer

Hazards surrounding sun, water, insects, food and playgrounds can all be easily addressed by following a few simple guidelines

Sacramento Region - Summer time is here and for most children ages zero to five, this means more outdoor activities. For all parents, this means being extra vigilant to keep your child safe and healthy. Here are some tips to keep your child safe this summer.

1. Seek Protection from the Sun

As the warm weather sets in, most parents are out of practice with coating their children with sun block. At least 30 minutes before heading outdoors, coat your child in a lotion with a SPF of 30 or greater that protects against UVB and UVA rays. Reapply if the child swims or sweats. Keep babies under six months of age out of the sun or use lotion on their face and hands only to prevent overheating them.

2. Be Careful Around Water

Pools are a great way to beat the heat, but take the appropriate measures to make sure children ages zero to five are safe around water: Sign your child up for swimming lessons, make sure pool and spa areas are secured with fences and alarms, and never leave your child unattended. According to the U.S. Consumer Product Safety Commission, an estimated 260 children under five

years of age drown each year in residential swimming pools and spas. The Commission estimates that another 3,000 children under age five are treated in hospital emergency rooms following submersion accidents each year.

3. Bug Safety

Avoid areas where insects nest or congregate, such as stagnant pools of water. Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied. Use insect repellents containing 10-30 percent DEET - the current Center for Disease Control and American Association of Pediatrics recommendation for children over two months of age. DEET should not be used on children under two months of age.

4. Keep Food Safe

Food borne illness and food poisoning occurrences increase in the summer months when the weather is warmer. Spare your children a bad case of food poisoning by ensuring there is plenty of ice to keep cold foods cold and refrigerate uneaten foods.

5. Playground Safety

Keep children ages zero to five safe by checking to ensure all equipment is well maintained,

and also check that play surfaces are not too hot. Always supervise your children when they're playing on equipment. Never allow children to wear clothing with drawstrings when playing on equipment and don't allow them to attach skipping ropes, leashes or other items to equipment. They can be easily strangled.

For more information about summer safety resources and programs for children ages zero to five, as well as the community partners that provide services and resources, please visit www.First5Sacramento.net or call First 5 Sacramento at (916) 876-5865. Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents tax on tobacco products to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$16 million in Prop 10 revenues to programs and services that meet local needs.

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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.

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

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A Film Review by Tim Riley
TOY STORY 3 (Rated PG)

The old American expression, "third time is the charm," hardly ever applies to the second sequel of a popular movie. Think about it, for a moment. Case in point would be "Part III" of "The Godfather" franchise, even if the film tried to make an offer one could not easily refuse. On the other hand, the Disney and Pixar animated "Toy Story" franchise is getting better along the way, with "Toy Story 3" the positive proof that the third time is really the charm. Matter of fact, I may not be alone in thinking that number 3 is the best of the lot, thereby making a strong case that the eleven year wait since "Toy Story 2" was well worth it.

The "Toy Story" franchise has a long history, with the original film coming out in 1995 and the first sequel in 1999. Eleven years ago, the toys felt abandonment issues when their owner young Andy was going off to camp, and as a result the pull-string talking cowboy Woody (Tom Hanks) found himself relegated to a garage sale where he was scooped up by a collector. With "Toy Story 3," Andy (John Morris), now 17 years old, is packing up and leaving home for college, and the toys, including

Riley Reviews

HUMOR, HEART AND CHARM PROVE MAGICAL FOR "TOY STORY 3"

Woody, the cool space action figure Buzz Lightyear (Tim Allen), and cowgirl Jessie (Joan Cusack), are facing at best a banishment to the attic.

Well, this wouldn't be a "Toy Story" movie unless some toys were put in jeopardy, and certainly "Toy Story 3" does not disappoint. Through a freak accident owing partly to Andy's well-intentioned mom (Laurie Metcalf), Woody and his pals, including Mr. and Mrs. Potato Head (Don Rickles and Estelle Harris), Rex (Wallace Shawn), Hamm (John Ratzenberger) and Barbie (Jodi Benson), end up being donated to Sunnyside Day Care. A teddy bear named Lotso (Ned Beatty), who reeks of a musty strawberry scent, promises that the new arrivals will have plenty of opportunity to be played with by kids. Of course, he left out the part about them being relegated to the playroom inhabited by the most destructive and unruly children.

It turns out that Lotso, with his Southern drawl, is a lot like the warden in "Cool Hand Luke." And while Lotso does not utter the words "what we have here is a failure to communicate," he rather quickly makes clear his intentions to deprive Woody and the gang of their liberty. With Lotso running the place like a boot camp, Sunnyside is anything but a cheery, jolly refuge for old toys. Even worse, Lotso has reprogrammed Buzz into an obedient minion who has turned on his old friends and enforces curfew during every night's lockdown

of the toys.

Naturally, it falls upon the very resourceful Woody, helped out by the feisty Jessie and the others, to concoct a plan for a massive prison break. Meanwhile, "Toy Story 3" introduces a host of other new characters. At the Sunnyside Day Care, Barbie thinks she has met the man of her dreams when she encounters the preening Ken (Michael Keaton), who is so hilariously obsessed with his wardrobe that he almost breaks down when his precious Nehru jacket is threatened to be ripped to shreds. The pompous Mr. Pricklepants (Timothy Dalton), a British actor hedgehog, is slyly amusing. Most frightening of the bunch is the oversized doll Big Baby, a truly weird enforcer for Lotso.

The main mission for Woody and his pals, after resetting Buzz's control panel, is to find a way out and return to the peaceful life in suburbia. Of course, this doesn't happen easily, but it does allow for some very inventive use of Woody's skills to engineer the breakout. During the final act, a full-blown action adventure story is turned loose as Andy's toys navigate a hellish escapade, first in a dump truck and then through a landfill where refuse meets a fiery fate.

What makes "Toy Story 3" one of the best movies of the summer is that it is truly a great family film that entertains children and adults alike, except for different reasons. Funny gags will capture everyone's attention, but there are plenty of historical references and enough sophisticated humor that make this film work for adults. On top of all that, "Toy Story 3" has great heart and soul, and everyone will be touched emotionally at the film's end. The 3-D technology is an added bonus, but "Toy Story 3" is terrific in any dimension.

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Marriage, Murder and Mayhem are on the Menu at Arden Playhouse

Are they plotting to write, or are they plotting to kill?

Nick Hall's witty take on one married couple's efforts to write realistic murder mysteries without killing each other is directed by Paul Fearn and stars Barbara Messmer and Paul Hauck.

Ex spouses Paul and Polly Butler write murder mysteries together. They act out the crimes in Paul's apartment: poisoned chocolates and lethal martinis, alibis and fingerprints, bodies in a trunk and bodies all tied up, daggers, guns and even an axe all contribute to the hilarity. Nobody gets hurt, but their egos take some hits as they find that their marriage was mixed up with their work. There are many fast paced comic twists as they attempt to outdo and surprise each other and they learn that marriage, like murder, is in the details. The final witty complication is a real murder which they and the audience should have seen coming. This murderously funny two-character comedy is by Nick Hall, the author of Accommodations.

Marriage is Murder has its Arden Playhouse opening on July 2nd and continues on Friday and Saturday nights at 8pm until July 31st. Sunday matinees are



Paul (Paul Hauck) turns the tables on his ex-wife Polly (Barbara Messmer) when she tries to have him act out one of the murder methods they are putting into their newest mystery novel in Marriage is Murder opening at Arden Playhouse on July 2.

July 11th, 18th & 25th, at 2pm. Tickets are \$15 general admission. Tickets can be arranged by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150. Arden Playhouse is a community

theater dedicated to continuing its tradition of presenting comedies in a casual setting.

For more information call the theater office at 332-2582, e-mail admin@ardenplayhouse.com, or visit ardenplayhouse.com.



POPOFF!

with Mary Jane Popp

simple runny nose. They just accept it and suffer with post-nasal drip. But did you know that a chronic runny nose (sinusitis) can lead to chest disease and kidney or arthritis changes? In fact, many cases of sleep apnea and snoring clear up when the nose is cleared.

Dr. Grossan offers seven simple steps to cure your sinus problems without drugs, as well as preventing it in children:

- 1) Make the diagnosis. There are tests you might need from a physical exam to some medical tests.
- 2) Use nasal irrigation to keep your nose clean and functional. Basically nasal irrigation is just that: cleaning your sinuses out with mild saltwater, or saline solution. Although it may sound complicated, this easy-to-use and all-natural sinus-cleansing method has many benefits.
- 3) Consider using alternative therapies with conventional medicine. Holistic treatments are a growing trend.
- 4) Clean up the air around you. From the bedroom with the highest levels of dust mite allergen in your home to mold and mildew, it all must be considered.
- 5) Boost the levels of healing nutrients in your body. This can range from foods that help fight

sinus infections like Grandma's chicken soup because the soup helps the cilia of the nose and bronchial passages move quickly so they can defend the respiratory system against contagion.

6) Relax! Sinusitis can be made worse when you're stressed out. There is an extremely close relationship between your inner attitude and daily thoughts and the effect these have on your body and mind.

7) Choose the most effective medical therapies. Medicines may be necessary, and there are many to consider from decongestants and steroids to antihistamines.

The Doc also goes into the possibility of surgery, if necessary. It's all about "The Sinus Cure" and you. If you want more info on the book and the Hydro Pulse, just go to www.grossan.com. Now breath deeply, and say Oooooooooooooo out loud. The Doc says singing it can do wonders!

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



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The holidays are often filled with warmth, laughter and time spent with family. They are also a time when adult children notice changes in their older parents. Aegis Living, a national leader in assisted living and memory care communities, understands this period in adult children's lives. If you recognize a change in your family member and would like help with next steps, please contact us at Aegis of Carmichael.

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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).

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“The Spirit Of Michael Jackson” Hits the Stage

Sacramento - Coinciding with the first anniversary of the passing of the King of Pop-Michael Jackson (June 25, 2009)-Laser Spectacular's The Spirit Of Michael Jackson will finally reach the West Coast after a string of sensational performances in the East. The production will play Northern California in June, first, before traveling through a series of West Coast engagements.

Laser Spectacular's The Spirit Of Michael Jackson is an amazing multi-media experience that pays tribute to the King Of Pop. Spanning his forty-year career, the show takes the audience on a visual journey beginning with Michael's most recent achievements, and then travels backwards to his early years as a child prodigy. The production pays tribute to the pop legend's life and legacy with a stunning stage presentation. It is a mixture of live performance, lasers and special effects lighting in a multi-media event that

includes 50,000 watts of pure rockin' concert sound! In the course of the show, special moments are coupled with some of his famous short films such as “Thriller” and Black or White,” and other big hit memories from MTV. Special interview segments feature people from all walks of life remembering Michael, and so honoring him as one of the most remarkable performers of our time.

A Michael Jackson 'tribute artist' is a part of this production. The performer will be featured in a ghost-like atmosphere through the use of theatrical scrims and shadow screens. On several songs, the show and the performance are staged just as though it were a live Jackson concert setting. The tribute artists who travel with this show have all been acknowledged as the best-of-the-best top performers in their field.

Many of Michael Jackson's hits lend themselves to an artistic laser and light performance, much in

the style of the Pink Floyd Laser Spectacular. Through the use of animated laser graphics, laser beams and aerials, the lights and lasers re-create images of Michael with 3-D holographic effects. The lighting show is a concert-style configuration. Along with the laser beams and graphics, it's certain to wow the audience with the same power and excitement of a live concert. The concert is resented by CONXION ENTERTAINMENT INC.

Ticket Information:

Friday, June 25, 2010
The Memorial Auditorium - Sacramento
Contact the Community Center Theater Box Office (916) 808-5181 or (800) 446-9497 or tickets.com

Sunday, June 27, 2010
The Bob Hope Theater - Stockton
Contact the Stockton Arena Box Office (209) 337-4673 or (209) 373-1700 or stocktontickets.com



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Local Girls Go for Second Volleyball Championship



Back row from left: Asst. Coach Allison Osterhout, Stephanie Solich (St. Francis High School, 2013), Heather Horton (El Camino High School, Carmichael resident, 2012), Head Coach Vera Nelson, Lindsey Bowles (Union Mine, 2013), Alison Child (St. Francis, 2013), Asst. Coach Marcella Lees. Middle Row: Sara Schell (Placer High, 2013), Kyndra Trevino-Scott (Bella Vista High School, Carmichael resident, 2013), Jasmine Hess (Granite Bay High, 2013), Sara Sheehy (Rocklin High, 2013), Morgan Lees (Del Oro, 2013), Maddie Deters (Granite Bay, 2014). Bottom Row: Taylor Nelson (Granite Bay, 2014) & Bernie Swain (Christian Borther's, 2013). Photo courtesy of www.NorCalCandidates.com.

Carmichael - Kyndra Trevino-Scott, a Carmichael resident, is returning to the Junior Nationals along with first-time attendee, Heather Horton, also from Carmichael. Kyndra is a freshman at Bella Vista High School and Heather is a sophomore at El Camino High School.

The NCVC 15-1 Black Volleyball Team is based in all over Sacramento County. The club is sending a total of eight teams to the Junior Nationals this year. NCVC is directed by Robert McNutt. Their team is

coached by Vera Nelson, the Sierra Junior College Volleyball Coach. They have qualified to participate in the Junior National Volleyball Tournament held in Reno, Nevada, this year.

This will be Kyndra's second trip to the Junior Nationals along with Allison Child, Morgan Lees, Maddie Deters, Taylor Nelson, Bernie Swain and Sara Sheehy. Last year the team brought home the Gold Medal. Kyndra was able to return with the gold medal last year and aims high again this year.

As a freshman, Kyndra played

Varsity at Bella Vista High School and was their starting Middle Blocker. Bella Vista went to the 3rd round of play-offs and missed the State Finals by one game. Kyndra also received All League Honors, the highest accolade she could receive as a freshman. She also has a 4.0 GPA.

In-coming Junior Heather Horton also played Varsity. The El Camino Volleyball Team made the State Finals and fell just short of a title.

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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

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