

Carmichael Times



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Volume 30 Issue 23

Serving Carmichael and Sacramento County since 1981

June 9, 2010

Whitman Wins Nomination

MPG Staff Report

Meg Whitman trounced the rest of the field with an astounding 64.2% of the votes for the Republican nomination for Governor of the State of California in last night's primary election, distancing herself early on from Steve Poizner by approximately 37%. Former Governor Jerry Brown received 84.1% of the Democratic vote for their nominee.

In her acceptance address for the nomination, Meg Whitman said "We begin a new journey together tonight. We have it in our power to build A New California. There is a clear choice in this election. California is in crisis. And we certainly cannot save California's future by repeating the failures of the past.

It's time for a different style of leadership. A new beginning. Not glitz, not glamour, not glibness, but guts. A governor with the guts to do the hard work required to turn California around!

Together we can end Sacramento's war on job creation and make California a great place to grow a small business. We can force the politicians to stop spending more than taxpayers can afford. And we can stand up to a bureaucracy that puts its own growth and power above classroom teachers and good education."

Carly Fiorina won the Republican nomination for U.S. Senate by gaining 56.5% of the vote. Tom Campbell finished second with 21.8%. Fiorina garnered 952,072 votes, with 30,369 coming from Sacramento County. Fiorina will take on Barbara Boxer, Democrat, in the November election. It is expected to be the greatest challenge to Boxer's seat in the Senate to date. Boxer won the Democratic nomination with 80.5%.

The Sacramento County Sheriff race will face a run-off in November, as Scott Jones gaining 45.65% and 49,225 votes to Jim



Meg Whitman,
Republican Nominee for Governor

Cooper's 41.80% and 45,066 votes. Bret Daniels finished third with 12.03% and 12,971 votes.

In one of the hardest fought nomination races, the State Assembly Fifth District, Andy Pugno, receiving 13,030 votes, out-distanced Donald Thompson who received 5,235 votes, Suzanne Jones who received 3,764 votes, Craig DeLuz who received 3,497 votes and Mike Edwards who received 3,201 votes. Richard Pan defeated Larry Miles for the Democrat nomination, 10,646 votes to 6,359.

Results of the Statewide Propositions

PROP 13 - Yes 84.5% 3,200,194 votes - No 15.5% 588,582 votes

AYES vote on this measure means: Earthquake safety improvements made to unreinforced masonry (such

as brick) buildings would not result in higher property taxes until the building is sold.

PROP 14 - Yes 54.2% 2,077,100 votes - No 45.8% 1,761,410 votes

A YES vote on this measure means: All voters would receive the same primary election ballot for most state and federal offices. Only the two candidates with the most votes—regardless of political party identification—would advance to the general election ballot.

PROP 15 - No 57.5% 2,147,745 votes - Yes 42.5% 1,593,698 votes

A NO vote on this measure means: The state ban on public funding for political campaigns for elected offices would continue. Candidates for the office of Secretary of State

Election Results
continued on page 5

Lisa Stanton at Sacramento County Airport Named CFO of the Year

Sacramento - Lisa Stanton, Chief Administrative Officer at the Sacramento County Airport System was named on June 4th as CFO of the Year in the Public Agency category by the Sacramento Business Journal at a ceremony at the Sheraton Grand Hotel

"An award like this is not earned alone," said Stanton. "My success is aided by a strong team of dedicated, professional managers who ensure the day-to-day financial operations of the County Airport System run smoothly. With strong team management, I am able to focus on complex business issues such as the Big Build, preparing for the final issuance of last Airport System Revenue Bonds required to fund the completion of the program.

Stanton has 23 years experience in airport business management and finance as both a consultant and airport manager. Presently, she oversees two critical divisions within the Sacramento County Airport System: the Finance and Business Administration division and the Information Technology Division. She also directs financing of the Airport System's \$1 billion capital improvement program, the Big Build - the largest capital improvement program in Sacramento County history.

"The Sacramento County Airport System is a regional economic engine," said Stanton.



Lisa Stanton

"The challenge of using a private sector business approach within the constraints of the public sector environment requires me to draw upon my strengths daily."

"Lisa's ability to identify new opportunities to reduce cost and increase effectiveness in a government organization continues to contribute to the Airport System's success as a service provider in a highly competitive environment, said G. Hardy Acree, the Sacramento County Airport System's Director of Airports. "With her no-nonsense, bottom-line business approach, Lisa has implemented procedures and seized opportunities to ensure the continued success of the Big Build program, despite the challenging economy."

Stanton's previous positions include: Deputy Director of Finance and Administration and Manager of Properties

and Business Development at Sacramento County Airport System; Principal for Black & Veatch Airport Consulting; Associate Director at Ricondo & Associates; and Sr. Consultant with KPMG Peat Marwick's Airport Management Consulting Practice (now Jacobs Consultancy).

Stanton earned a Bachelor of Science in Business Administration from San Jose State University, where she graduated with distinction. She also received International Airport Professional (IAP) accreditation from Airports Council International and the International Civil Aviation Organization. She is the first female IAP in the State of California.

Lisa is the Second Vice-Chair for the Airports Council International - North America Finance Committee and will serve as Chair of the Finance Committee in 2012. She is also the Treasurer of the Board of Directors of the Capital Air Show Group, the producer of the annual California Capital Air Show.

Sacramento County Airport System is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field.

For more information, visit www.sacairports.org.

Little Leaguer Pitches Perfect Game



Tyler Paplanus

Carmichael - On Saturday, June 5, 2010 Carmichael Little League Major Division Mets played their last regular season game on their home field against the Foothill Yankees. Tyler Paplanus was the starting pitcher, and only pitcher for the Mets. He pitched a perfect game with only 68 pitches total. For a 12

year old you are allowed a maximum of 85 pitches. There were no errors, walks or hits by any of the batters that faced him. In total he faced 18 batters and struck out 15 of them.

In the bottom of the 6th inning the score was still 0-0. Tyler was walked and then stole 2nd base. The next batter, Dominic Nocito, was able to

get a base hit with Tyler scoring the only run and winning the game 1-0.

Tyler's proud mom, Becky Paplanus said "I'm not sure how many 12 year old little leaguers can actually say they pitched a perfect game, but I thought this was definitely worthy of note in the local newspaper. Congratulations Tyler!"

Carmichael Oaks Announces New Memory Care Coordinator



Susan Seidenzahl

announce that Susan Seidenzahl has accepted the position as the new Memory Care Coordinator for the community. In her new role, Susan will promote optimal resident care and efficiencies of the Generations Memory Care Unit, as well as overseeing continuing education and staff development.

Susan moved to the Sacramento area from the Monterey Peninsula in 2002 where she lived for 25 years and was the owner of Pacific Grove Florist. While in Pacific Grove she was elected to the City Council and served on the board of directors of many community organizations.

After selling her interest in the flower shop, she started a consulting business providing human communication training for

businesses and non-profit agencies. When her husband was diagnosed with Alzheimer's disease in 2005, Susan became a full time caregiver and is dedicated to helping other caregivers. She is a volunteer for the Alzheimer's Association and has been leading support groups for three years. After making the difficult decision to place her husband in memory care, Susan was seeking a new career and she is very excited about working with everyone at Carmichael Oaks.

Carmichael Oaks provides the finest in senior living with independent living, assisted living, memory care and respite options for residents. For more information call (916) 248-5715 or visit www.carmichaeloaks.com

Carmichael - Carmichael Oaks Senior Living is pleased to

Tucker Wants to Come Home!



I'm a Yellow Labrador, Golden in Color.

I'm almost 2 years old and weigh 70 lbs

I'm a neutered Male and very friendly

My micro-chip is registered to Ryan Schoff

I was lost on Saturday, May 22nd on the Central Coast down near Santa Maria, CA. I was picked up along Highway 101 by a Carmichael man who was driving back home in his black, late model, SUV. He is a nice man, short and balding and has other dogs. He fed me some roast beef sandwiches, which I liked a lot. I had lost my collar so he told a lady

who worked at Albertsons in Santa Maria that it would probably be best if he take me home with him, rather than turn me over to the Humane Society. So, now, I think that I'm somewhere in the Carmichael area and I really want to go home to my loving family.

If you have seen me, please call (805) 688-4123 or 588-9880

Huber Bills to Streamline Government Pass Assembly

Sacramento -- The California State Assembly, today, on an overwhelming, bipartisan vote, passed two far reaching governmental reform measures, authored by Assemblymember Alyson Huber. The legislation if implemented will push government to identify waste, duplication and inefficiencies in state departments and agencies.

AB 1659 and AB 2130 create a process to conduct, comprehensive and regular review of the state's many boards, commissions, agencies and departments.

"For many years the legislature and the Governor have created governmental entities that were designed to solve particular problems," Huber said. "I think the time has come for us to review each of these bureaucracies, keep the ones that work and eliminate those that have outlived their usefulness. This will ensure taxpayers that their money is being spent wisely."

AB 1659 would take existing legislative resources and re-direct them to the Joint Sunset Review Committee which would conduct a comprehensive analysis of state government agencies to determine if the agency is still necessary, should be reorganized or is cost effective. In order to compel action on recommendations, it is the intent that automatic sunset dates would be established for entities



Assemblymember Alyson Huber

scheduled for review. Prior to the committee's recommendation each agency scheduled for sunset would be required to submit a report to the committee. Then, the committee would take public testimony and evaluate the agency prior to the agency's scheduled sunset.

AB 2130 serves as starting point to define which government entities will be subject to the Committee established by AB 1659 and sets the sunset timetable for the first years of reviews. Senator Mark DeSaulnier (D-Concord) and Assemblymember Roger Niello (R-Fair Oaks) are co-authors of both bills.

As far back as 1989, the Little Hoover Commission issued a report, entitled Boards and Commissions: California's Hidden Government, which found that, "California's

multi-level, complex governmental structure today includes more than 400 boards, commissions, authorities, associations, councils and committees. These plural bodies operate to a large degree autonomously and outside of the normal checks and balances of representative government."

The Commission concluded that "the state's boards, commissions and similar bodies are proliferating without adequate evaluation of need, effectiveness and efficiency."

Numerous other states have a sunset review function. Texas, for example, created its Sunset Advisory Commission in 1978, with total savings achieved by the Commission equaling roughly 5% of the state's budget.

With the Legislature that is often gridlocked by intense partisanship Assemblymember Huber said that she is very encouraged by the bipartisan support that her measures have received stating, "making government work more effectively and cutting unneeded bureaucracy shouldn't be partisan. It is our duty to spend the public's money wisely and I hope my legislation is the start to implementing an improved system of common sense governmental oversight."

For more information, visit www.asm.ca.gov/huber



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



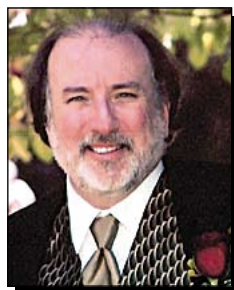
We are Looking for Veterans to Join Our Post VFW POST 2324 Carmichael.

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!

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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We are proud members of these newspaper associations.



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.

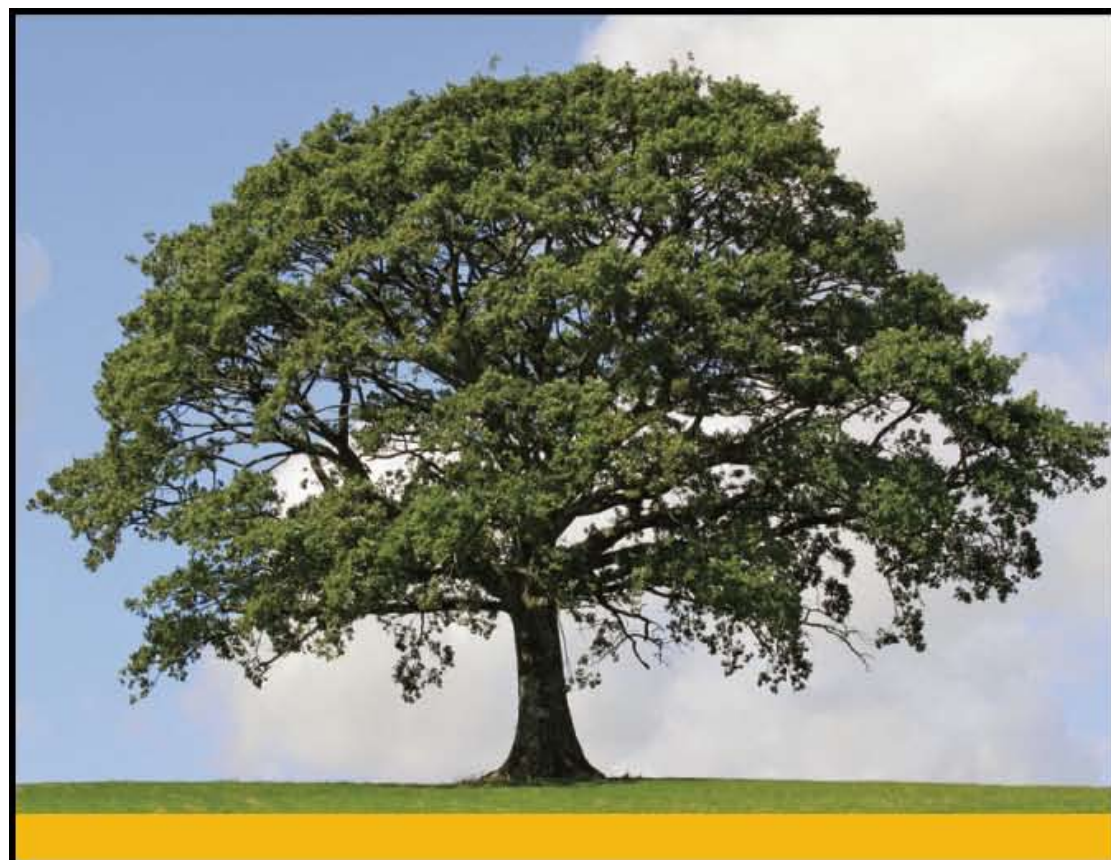
Sunday Support

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.



Time To Enjoy The Life You Deserve

Nestled in the heart of Carmichael, there's a retirement community called Carmichael Oaks. This beautiful community offers:

- Social & Activities program
- Scheduled transportation
- Beauty salon & exercise room
- Theatre & computer center
- Weekly housekeeping
- 24 hour emergency staff

Independent & Assisted Living as well as Memory Care.

Carmichael Senior Living Oaks

916-944-2323 office

www.carmichaeloaks.com



LIC# 347003685

Effie Yeaw Nature Center Summer Events

Ancil Hoffman Park entrance fee - \$5 per car, free for ARNHA members.

Admission to the Nature Center and preserve is free.

Most weekend family programs are free but some require pre-registration and/or fees.

Buses are \$20 per vehicle, but may enter free if participating in a paid Nature Center program.

Open every day of the week (Mon-Sun)

Due to budget/staff reductions, the Nature Center will close at 1 p.m. on Mondays and Tuesdays.

November - January - 9:30 a.m. - 4 p.m. February - October: 9 a.m. - 5 p.m.

Closed on Holidays: Thanksgiving, Christmas Day and New Years Day

We are an award-winning environmental and cultural education center located within the beautiful American River Parkway in Carmichael, California.

We offer a dynamic variety of fun activities including children, adult and school programs, nationally renowned interactive exhibits, educational workshops and many opportunities for volunteering. Visitors can see live wild animals, browse our Discovery Shop for books, toys and unique gifts, or tour the replica of a Maidu Indian summer village.

Enjoy our 77-acre nature preserve featuring interpretive trails that meander through the riparian woodlands along the American River. See deer, coyotes, migratory songbirds and wild turkeys as you explore the preserve's lush oak woodlands. Come and see us soon!



classes include the very popular two-week Outdoor Adventures day camp for children entering grades 3rd - 5th in the fall. This camp is very active and participants engage in exciting activities such as rafting the American River, rock climbing, fishing, orienteering and team building. Other week-long day camps include Splish Splash for children entering kindergarten in the fall; Water Cycle Boogie, Where the Wild Things Live and Over Head & Under Foot for children entering 1st & 2nd grades in the fall. Learn more about summer fun days and how to sign up...



NEWS & EVENTS

Summertime Storytelling at the Nature Center!

Join members of the Sacramento Storytellers Guild for some special summer tales appropriate for all ages. Saturday, June 19, \$2 per person.

Join Us for Summer Fun Days at the Effie Yeaw Nature Center

The flyer for the June Summer Fun Days day camps is now available. June

www.effieyeaw.org.

The Nature Center is located in Ancil Hoffman County Park, 2850 San Lorenzo Way, Carmichael, CA (916) 489-4918/711 TDD/TTV



Dr Bob Graykowski



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.

While side-to-side spinal curves, such as scoliosis, are abnormal, front-to-back curves are normal and essential to spinal health. These curves help the body carry its weight and distribute it down through the pelvis. The three curvatures are: a bend of the neck with the apex toward the front of the body (cervical curve), a bend in the mid-back (thoracic curve) with the apex toward the back of the body, and a bend in the low-back (lumbar curve) with the apex toward the front of the body.

When one of the three curvatures decreases, the body's alignment is thrown off balance. For example, if the cervical (neck) spine's

The Devastating Effects of Forward Head Posture (FHP) on Our Brain

curve is lost, the neck will begin to straighten, causing a condition called "cervical kyphosis."

Cervical kyphosis, often termed "military neck," can progress to the point where the curve in the neck actually reverses, going in the opposite direction from its normal, healthy state. The reversal is also known as forward head posture (FHP).

FHP can cause vast degenerative effects on the neck, such as osteoarthritis, chronic pain, limited range of motion and increasing risk of arm or hand pain. The good news is that FHP may be reduced, or even corrected in many cases. Because of the amount of time most people spend hunched over desks and computers, FHP is one of the most common findings in the American population due to excess time on the internet, watching television, texting and video game use.

Arthritis

When the neck has a normal curve, the weight of the head is balanced and muscles endure only minimal strain. However, if the neck is straight or in a FHP position, constant strain is placed on joints. Joints that are strained continuously are predisposed to arthritis and degenerative disc disease which can even begin at early ages. By upsetting the balance of the spine and the muscles that are attached, FHP also dramatically increases the risk of neck muscle strain. With FHP, neck and shoulder muscles are constantly working hard to prevent the effects of gravity and keep the head from falling completely over. Muscles that were designed to stabilize the neck and head now must support the weight of

the neck and head throughout the day.

This chronic condition 'FHP' leads to vertebral subluxations creating areas of the spine which are out of alignment causing nerve pressure. Long term spinal nerve pressure has been shown to affect brain health.

Seat Solution

In addition to chiropractic check ups we often recommend ergonomic changes. For example, when you sit down to read or work, do you tend to adopt a "gooseneck" position with your head jutting forward? Over time, this position can increase chances of FHP. The solution? Try to keep your head aligned with the middle of your back fairly straight. As you sit, it may help to visualize the three natural curves in your spine from neck to lower back and invest in a properly designed seat to support the spine's natural curves

Assessing Posture

Right now, whether you are sitting or standing, assess your neck posture. Is your head leaning forward with your neck and shoulders tense? Or is your neck straight without its proper curve? How does your family's neck posture rate? Even small postural misalignments can eventually lean to pain and health problems. Having a Chiropractic postural exam is a simple and proactive way to reduce stress on your nervous system. At Chiropractic USA we are your partners in spinal health and overall wellness. Call today for a check up, ergonomic evaluation for your business or attend our weekly wellness workshop.

Creating a healthy community
Dr Bob Graykowski



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 jdwarwick@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.

'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

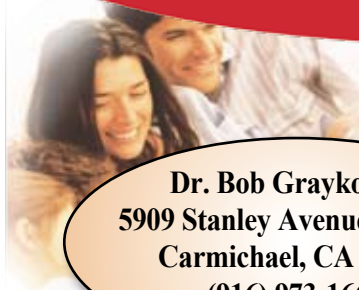
Consultation, Complete Spinal Examination and X-rays (if needed)
This \$250 value is yours for only \$40 if you mention this ad
Each additional family member only \$20
Offer Expires Friday

June 15th

Essential Steps to a Vital Nervous System

June 21st

Simple Truths for Woman: The Path to a Healthy Balanced Life



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

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



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



916-372-9640



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.

June Meeting & Luncheon Cypress Avenue Baptist Church

The Tuesday, June 22 Chamber General Meeting & Luncheon will be held once again at Cypress Avenue Baptist Church, 5709 Cypress Ave, between Garfield and Manzanita, next to the Elks Lodge. Networking begins at 11:30 a.m.; the meeting and luncheon begin at noon. This month's guest speaker will be Bill Slaton from SMUD. He will be discussing the new Smart Meter Project. In order for the church to have ample time to prepare for the luncheon, PLEASE RSVP NO LATER THAN JUNE 16 to the Chamber office.

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.

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 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.

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

CELEBRATING OUR 35TH ANNIVERSARY

Mission Oaks Recreation & Park District

9th Annual Father/Daughter Dance
Friday, June 18 • 7-9:30pm • \$5/person
DJ Music, Games & Refreshments
All ages welcome!

MISSION OAKS COMMUNITY CENTER

Extended Tours

- **Rockies Highlights by Train**
July 24-August 1, 2010 • \$3,199 pp double
- **Colors of New England**
October 7-14, 2010 • \$2,449 pp double
- **Holiday at the Waldorf**
December 6-10, 2010 • \$2,649 pp double

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

Mission Oaks Showcase

Sunday
June 13
2pm
Free Admission



New Class - HEALTH & HAPPINESS
Fridays • 11am - Noon/3 Weeks • June 11, 18 & 25 • \$40
Pre-registration recommended
Instructor Mykim Tran, Certified Nutrition & Wellness Consultant
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.
Ages: 10-15 years • M-F • 9-2:30pm
8-weeks • June 21-August 13
Application on line at www.morpd.com.

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

SACRAMENTO FINE ARTS CENTER, INC.

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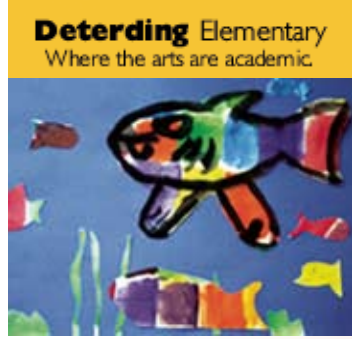
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CHAUTAUQUA PLAYHOUSE

Charley's Aunt



Charley's Aunt: (L) Jeff Thomas, Marc Berman, Nicholas Palleschi. Photo credit: Warren Harrison.

Chautauqua Playhouse opened the final show of its 33rd season, the classic comedy CHARLEY'S AUNT by Brandon Thomas, on May 7th at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through June 13. 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.

Charley's wealthy aunt from Brazil, where "the nuts come from," will have to delay her visit. Time to press Lord Fancourt Babberly into action - and a dress. Comic confusion results in the world's most famous farce. Guaranteed to move an audience to tears of laughter!

For tickets and additional information call the theatre at (916) 489-7529 (PLAY). Information and tickets are also available through the Chautauqua Playhouse website: www.cplayhouse.org.

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RETIREMENT & ASSISTED LIVING

QB Daunte Culpepper Signs with Mountain Lions

Sacramento -- Quarterback Daunte Culpepper has signed with the Sacramento Mountain Lions of the United Football League.

Culpepper will be reunited with his former Minnesota Vikings head coach Dennis Green, who will lead the Mountain Lions into the second UFL season, which kicks off this fall. Green previously selected Culpepper, who is a three-time NFL Pro Bowler and also played for the Miami Dolphins, Oakland Raiders and Detroit Lions, with the 11th pick of the 1999 NFL Draft.

"My goal for this year was to get on the field and play football," said Culpepper, who threw for 24,153 yards and 149 touchdowns during a stellar NFL career. "When the opportunity came for me to sign with the UFL and play for coach Green in Sacramento I could not resist. I am impressed with his approach to the game and to his players.

"I am also excited to be reunited with my college coach Mike Krueczek as the offensive coordinator. I am expecting to have a lot of fun running a wide-open offense and being a part of the United Football League. California here I come!"

Coach Green said: "Bringing a player of Daunte's caliber to the Mountain Lions is a major step forward not only for the team but also for the UFL. He is a player who will excite the fans here and will be an integral part of the team we are building that we hope can bring a championship to Sacramento. On a personal note, I am delighted to be reunited with Daunte."

Culpepper's arrival in Sacramento will also create a rivalry with last season's defeated UFL Championship Game finalists the Florida Tuskers. The quarterback enjoyed a standout college football career under Krueczek at the University of Central Florida, where he rewrote the UCF record

books. On October 21, the Ocala, FL, native will return to his home state to face the Tuskers at the same Florida Citrus Bowl venue where he rose to prominence with the Knights.

Among his career highlights, in 2004 Culpepper passed for a league-leading 4,717 yards, a Vikings-record 39 touchdowns and was named to his third career Pro Bowl. He also broke Dan Marino's NFL record for combined passing and rushing yards, amassing 5,123 total yards. His 2,323 rushing yards from 2000-2004 also made him only the fourth quarterback in NFL history to run for more than 2,300 yards in a five-season period.

In the NFL, Culpepper was named the starter in 2000 and led the Vikings to a 7-0 mark, eventually finishing 11-5 with a berth in the NFC Championship Game, losing to Las Vegas Locos head coach Jim Fassel's New York Giants.

Election Results continued from page 5

would continue to pay for their campaigns with private funds subject to current rules. Existing charges related to lobbyists would not change.

PROP 16 - No 52.5% 2,015,297 votes - Yes 47.5% 1,830,278 votes

A NO vote on this measure means: Local governments generally could continue to implement proposals involving the start-up or expansion of electricity service either through approval by a majority of voters or actions by governing boards.

PROP 17 - No 52.1% 2,004,410 votes - Yes 47.9% 1,848,768 votes

A NO vote on this measure means: Insurers could provide discounts to their long-term automobile insurance customers, but would continue to be prohibited from providing

such discounts to new customers switching from other insurers.

More Elections Results

Sacramento County Board of Supervisors

Phil Serna - District 1 with 10,367 votes
Jimmie Yee - District 2 with 15,746 votes
Don Nottoli - District 5 with 17,568 votes

US Representative Nominations

District 3
Democrat Ami Berra, with 33,751 votes
Republican Dan Lungren, with 49,843 votes

State Senate District 6 Nominations

Democrat Darrell Steinberg with 44,230
Marcel Weiland with 24,459 votes

State Assembly District 5

Nominations

Democrat Richard Pan with 10,646
Republican Andy Pugno with 13,030 votes

Secretary of State Nominations

Democrat Debra Brown with 1,496,956
Republican Damon Dunn with 1,075,337 votes

Lieutenant Governor Nomination

Democrat Gavin Newsom with 937,982
Republican Abel Maldonado with 675,854 votes

Board of Equalization District 2 Nominations

Democrat Chris Parker with 165,611 votes
Republican George Runner with 178,675 votes

State Senate District 6 Nominations

Democrat Darrell Steinberg with 44,230
Marcel Weiland with 24,459 votes

Results as of our deadline. Not all results are final. Sources: <http://vote.sos.ca.gov/> and <http://sacresults.e-cers.com>

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Arden Playhouse is Offering Friday Discounts!

Sacramento -- Starting the weekend of June 11, 2010 the price for the Friday performances of The Romantic Imagination will be \$10.00. That is a 50% discount from the regular ticket price of \$20.00. There are just two more Friday performances of The Romantic Imagination. This offer is for June 11 and June 18, 2010 only.

How confused can a man get about women? That's the situation for

writer Jack Lassiter in The Romantic Imagination as he gets three radically different views on the subject from three women...including an imaginary one from the murder mystery he hasn't been able to finish. Larry, Jack's manager, took him skiing to get his mind off the femme fatale of his latest novel, a character Jack has fallen in love with. However, an accident has left Jack believing the character is

real, and that's when the fun begins. Tickets can be arranged by calling (916) 332-2582. Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150. For more information about The Romantic Imagination, or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse.com, or check the website ardenplayhouse.com.

The Gates Millennium Scholars Program Selects Mira Loma High School Student

Carli Baker, a graduating senior of Sacramento's Mira Loma High School, has been awarded a scholarship from the nation's largest and most successful scholarship program, the Gates Millennium Scholars Program (GMS). The good-through-graduation

college scholarship can be used at a college or university of the recipients' choice and have funding that can include graduate study through a doctoral degree in seven academic disciplines. The scholarship covers tuition, room, board and other

covered college expenses. In addition to financial assistance, Gates Millennium Scholars receive academic support, mentoring, and leadership training. Carli Baker is one of 1,000 students around the country chosen to receive the GMS scholarship.



Riley Reviews

FAMILY RUN REIGNS IN "MARMADUKE" BUT NOT FOR OTHER DOGS

for this assignment. Someday we should see the loquacious actor as a U.S. Senator leading a filibuster.

The film opens with the Winslow family living in Kansas, where Phil (Lee Pace) is recruited by a pet food company based in Orange County. With his wife Debbie (Judy Greer) and three kids in tow, Phil makes the move west, taking the two household pets along. Phil's new boss is eccentric dog-lover Don Twombly (William H. Macy) who feels his best work is performed barefoot at the local dog park. Of course, Marmaduke, with his bad habit of getting into trouble, proves a disruptive presence, namely because he is smitten with Twombly's purebred collie Jezebel (Stacy Ferguson, aka Fergie). However, he falls in with a group of lovable mutts, including Mazie (Emma Stone), the wise Raisin (Steve Coogan) and the extremely nervous Giuseppe (Christopher Mintz-Plasse).

There's not much of a plot to "Marmaduke" other than the big dog getting into virtually nonstop trouble. At the dog park, he challenges the pedigreed bully Bosco (Kiefer Sutherland) in a turf battle, which involves staging a fake fight with Carlos to prove his supremacy. Craving respect from his fellow canines, Marmaduke hosts a wild party at his house which causes so much destruction that he feels he

must run away from home. It all ends tidily when the humans launch an all-out search for the wayward pooch, while Marmaduke becomes heroic as he rescues Mazie from her fall into the raging waters of the local aqueduct.

"Marmaduke," mostly balanced between comic pratfalls and touching emotions, is so predictably formulaic that hardly anyone older than eight years will be surprised by what transpires. Nevertheless, "Marmaduke" proves to be enjoyable family fun at a time that movies geared to the family seem to be in short supply. I certainly found it much more pleasurable than the two movies mentioned below.

Now, briefly, I will refer to the "other dog" movies out there. First, "Sex and the City 2" is not only intolerable and unbearable it's also an affront to good taste and moral decency. Of course, according to some of my female friends, my views reflect a retrograde insensitivity to important things like shopping for high fashion clothes and jewelry and acquiring more shoes than Imelda Marcos. I can't believe I sat through this dreadful movie more than a week ago. Only now can I bring myself to write more than one sentence about the horror.

Another movie going to the "dogs" that will also fall flat is "Killers," in which dashing Ashton Kutcher tries to leave behind his previous career as an international super spy in order to settle down with his hot wife Katherine Heigl. When a price is put on his head, Kutcher finds his suburban lifestyle turned on its head. "Killers" has no idea if it wants to be an action picture or a comedy. As a result, it fails at both.

MARMADUKE (Rated PG)

Owen Wilson and George Lopez, two actors with distinctly different comedic styles, create a strange pair in their leading roles for a buddy movie. The reason that the coupling of these two buddies in "Marmaduke" is so unusual is that they are the voices for the Great Dane Marmaduke and the housecat Carlos. Wilson's big slobbering canine confines his affection for Lopez's furry feline pretty much in the presence of the Winslow household, a typical Midwestern two-parent family with three kids.

As most people know, "Marmaduke" is based on the long-running comic strip, but takes great liberties with the usual storyline. First of all, both Marmaduke and Carlos are talking animals, with the big dog in particular constantly blabbing as if he was desperately in need of acceptance. Marmaduke talks not only to all his four-legged pals and acquaintances but also speaks directly into the camera, sharing his deep thoughts and observations with the audience. Owen Wilson was the obvious pick

Genealogical Association of Sacramento Inc.

P. O. Box 292145, Sacramento, CA 95829-2145

The Genealogical Association of Sacramento will meet June 16th, 2010 at the Colonial Heights Library on Stockton Blvd. at 4799 Stockton Blvd. at 21st Ave., Sacramento. We like to have a "sharing time" at the beginning of our meeting. It would be interesting to know what BIG

"finds" any of our members had on their recent trip to Salt Lake City. Our Speaker for the day will be Patricia Johnson, a senior archivist of the Center for Sacramento History. Her specialty is preserving and archiving records, materials, and photographs.

Members are reminded to bring a friend or visitor to our meetings. Maybe one or more of the members could be of help with THEIR genealogical problems. And visitors are always welcomed at the meetings. Our meetings start at 1 p.m. on 3rd Wednesday of the month.

Monthly Meeting of Mission Oaks Genealogy Club, Carmichael

On June 17, 2010, the Mission Oaks Genealogy Club will meet from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The

program speaker will be Lynn Brown, local genealogist, discussing "safe surfing through social networking." Visitors are welcome.

Cost: Free. For more info call Robert Noyes (916) 332-5753 or visit website at: <http://missionoaksgenealogyclub.org>.

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.

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- Sunday, June 13** Capitol City Concert Band
6:30-8:30pm 50-60 piece Concert Band
- Sunday, June 20** SwingMasters
6:30-8:30pm Big Band/Swing
- Sunday, June 27** River City Boogie Band
6:30-8:30pm Covers/Rock/Blues
- Saturday, July 3** DARK
- Sunday, July 4** La Sierra Community Center, 5325 Engle Road
6:30pm-Dark for the 4th of July Celebration & Fireworks Show!
- *Saturday, July 10** Mick Martin & the Blues Rockers
6-8pm Rock n' Roll/Blues
- *Sunday, July 11** Carmichael Kiwanis Band
6:30-8:30pm Swing Dance Band

*Denotes July Saturday Concerts which are sponsored by:



Fair Oaks Memorial Day Ceremony Honors Women Air Force Service Pilots



American Legion Riders from Fair Oaks to West Sacramento turned out in big numbers. Pictured here are Don Troutman, Sue Fischer, Mel Pierson, Sheila LaPolla, Ben LaPolla, Brian Hopper, Scott Safley, Ron Stadman, Faynetta Stadman, Terry Huerta, Doug Kemmis, Jane Kemmis, and Bob Rudge.

Fair Oaks - The Eleventh Annual Memorial Day Ceremony was held Saturday, May 29th at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks. Formal ceremonies started at 10 AM. Chairperson of the Fair Oaks Cemetery District, Thomas Askins was the Master of Ceremonies. The musical program was provided by the Fair Oaks Village Singers, Ed Silver, Director, American Veterans Band, conducted by Warren "Bud" Turner, and Bagpiper Kurt Baird.

This year's theme was to honor "The Women Air Force Service Pilots". The cemetery was decorated with hundreds of flags lining its roadways as "The Avenue of Flags." Honored Speaker this year was Brigadier General, Mary J. Knight, Adjutant General for the California National Guard, who serves as Director of the State of California's Military Department. Other Guest speakers included Supervisor Roberta MacGlashan and Peter Tateshi, representative from Congressman Dan Lungren's office.

Congressman Dan Lungren has provided a flag that has flown over the nation's capitol. This flag will fly over the Veterans Memorial for one year. The flag honoring All Veterans of the Armed Services, which was flown over the memorial this past year, was retired and formally presented to Bob Clouse, Board Chairman

Fair Oaks Cemetery District. A formal Color Guard and Rifle Salute Team from VFW District 17 provided military honors and assisted the Commanders of the local VFW, American Legion and the VFW Auxiliary to the laying of the wreath at the memorial in honor of over thirteen hundred veterans who are buried in the cemetery.

Covered seating was available for veterans and visitors. Dedicated seating was available for veterans of World War II and their wives. The Fair Oaks Historical Society and the Orangevale/Fair Oaks Grange provided complimentary



Brigadier General, Mary J. Knight, Adjutant General for the California National Guard and Tom Askins, Fair Oaks Cemetery District.



American Veteran's Band, the oldest performing Veteran's Band, led by "Bud" Turner, Director

refreshments after the ceremony. Local Boy Scout Troop #380 helped provide parking assistance and extra muscle for the set-up and take-down needs. Volunteers from the community representing Clean and Sober Living assisted with the flag decorations.



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Pony Express Association Celebrates 150th Birthday



Congressman Dan Lungren (R-CA), center, administers the Oath of the Pony Express Rider to Dean Freitas of Herald Monday afternoon in Folsom.

The National Pony Express Association and area communities celebrated the 150th birthday of the Pony Express on Monday with a series of "Re-Rides" that began in Old Town Sacramento early in the day and concluded in the Sierra foothills at dark. In Folsom, Congressman Dan Lungren (R-CA) administered the Oath of the Pony Express Rider to Dean Freitas of Herald. Lungren also marked the day by donating an original copy of President Abraham Lincoln's first inaugural

address to the city. The address was transported by Pony Express from St. Joseph, MO, to Folsom in 1861. When it arrived in Folsom, it was then telegraphed to Sacramento and from there distributed across the state.



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Sacramento County Department of Transportation

Hazel Avenue Road Closure @ American River Bridge



Full Closure & Traffic Restrictions
Friday, June 11 (7 PM) to Monday, June 14 (6 AM)

When/Where: Starting Friday, June 11 at 7 PM, there will be a full closure of Hazel Avenue at the American River Bridge between Gold Country Boulevard and Curragh Downs Drive. Information about the closure is as follows:

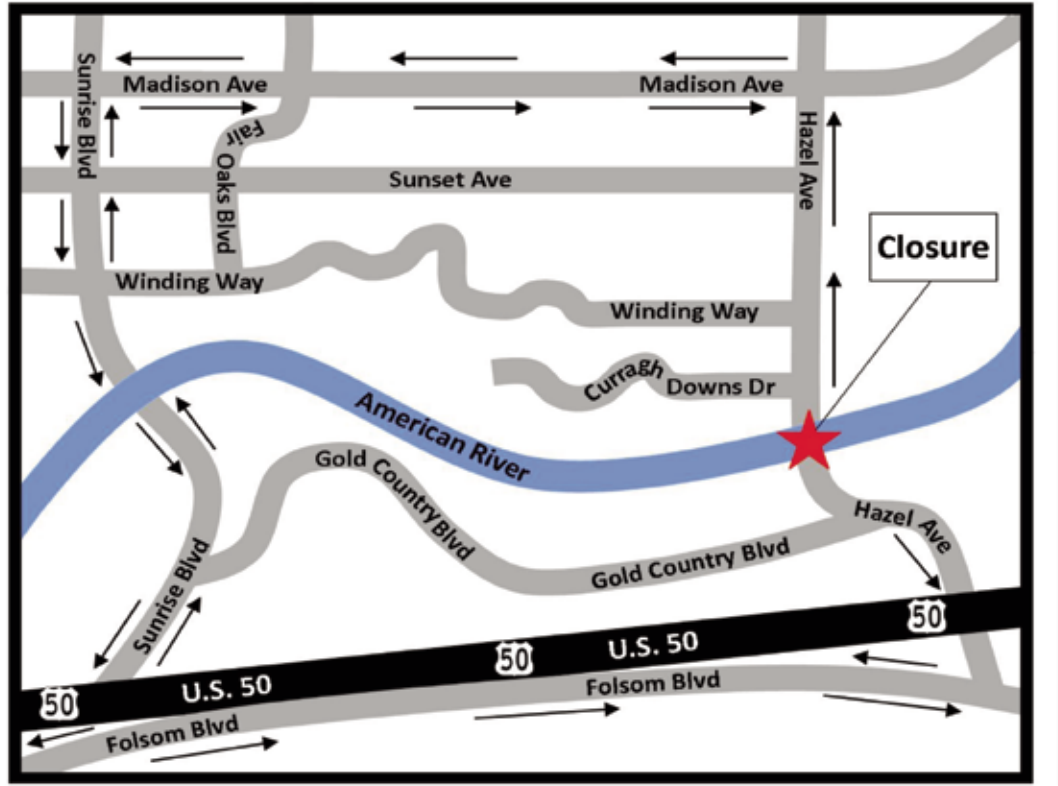
- The closure will impact all northbound and southbound traffic on Hazel Avenue including vehicles, pedestrians and bicycles.
- American River Parkway and bike trail access on the south side of the American River will not be affected by the closure. Access will continue to be provided across Hazel Avenue at the Gold Country Boulevard intersection.
- Access from Hazel Avenue to the bike trail on the north side of the American River will be closed.
- Hazel Avenue and bike lanes and trails will be re-opened to the public at 6 AM, Monday morning, June 14th.

Detour Routes: The public is advised to avoid this area during closure hours as there will be significant impacts to all roadway users who use south or north bound lanes of Hazel Avenue. Detours will be in place to guide motorists around the construction area. A map of detour routes is included in this ad.

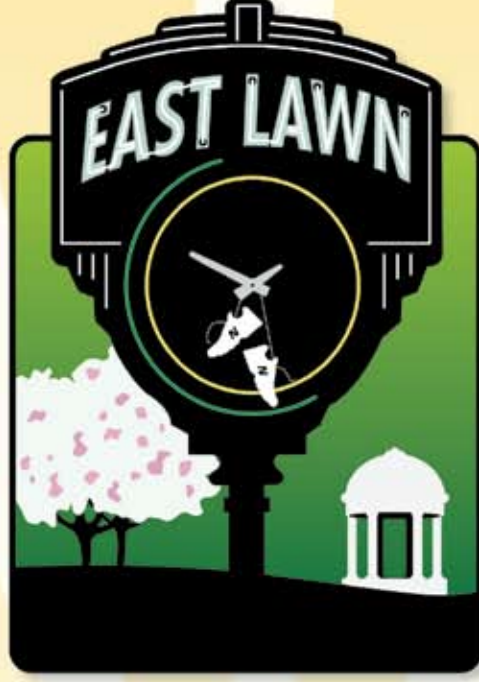

Bridge Construction: The full closure is needed as part of the Hazel Avenue Improvement Project, which will widen the roadway from 4 to 6 lanes. Bridge widening work the weekend of June 11, requires that Hazel Avenue be closed to all traffic.

Your Patience is Appreciated: Sacramento County understands the challenges and inconvenience that commuters, residents, businesses, bicyclists and pedestrians will experience during the closure period and appreciates your patience and cooperation as we work to complete this project.

Contact Information: Please contact Steve White (Project Manager) at 916-874-5354 or whites@SacCounty.net for additional project information. For information after-hours or over the weekend, call the Hazel Avenue Improvement Project Field Office at (916-539-0260). Check www.sacdot.com for more information about this project.



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City of Sacramento 5k Championship

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Sara R Mula

Air Force Airman Sara R. Mula 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.

She is the daughter of Pamela Mula-Young and Michael Young of Mountainside Drive, Citrus Heights, Calif.

Mula is a 2009 graduate of Mesa Verde High School, Citrus Heights.



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Sacramento Choral Society's Celebrates Inaugural Stained Glass Cathedral Series



The Sacramento Choral Society opens their performance at the Cathedral of the Blessed Sacrament.

Special to the American River Messenger
James Lajoie

Sacramento – The Sacramento Choral Society's recent Stained Glass performance at the recently renovated Cathedral of the Blessed Sacrament on Saturday June 5th to yet another standing-room-only audience confirmed that their Sacramento audience is absolutely delighted to have them back singing in downtown Sacramento.

Conductor Donald Kendrick and the SCSO Board are proud and delighted with their inaugural sold-out mini-series in the Cathedral that has been tastefully and artistically renovated.

Built in 1889 by Irish Bishop Manogue and renovated in 2005 under the guidance of Bishop Joseph Weigand, the 121 year old venue continues to be intricately linked to the history of Sacramento itself. Both Jane Stanford and Margaret Crocker wished to see the Cathedral become a center of culture and art. The SCSO is delighted to help realize this vision for the good of the community.

The SCSO's inaugural concert held at the Cathedral honored the great music of the English Cathedral tradition with works by Vaughan Williams, Sir Hubert Parry, Stanford and Malcolm Archer. The recent SCSO performance on Saturday, June 5th featured a tribute to the music of the great Cathedrals of Europe, focusing on music of the Italian School, the French School, the Austrian School, the Venetian School and the English School. Soloists Yoo Ri Clark, Tania Mannion, Pedro

Betancourt and Daniel Yoder soared in Mozart's stunning Coronation Mass. Baritone Daniel Yoder later brought radiant joy to the audience with his solo work in John Tavener's God is With Us.

A unique pre-concert stained glass talk by glass expert Bill Cummings and the

The SCSO congratulates and thanks the Diocese of Sacramento, and particularly Bishop Weigand, who over saw the Cathedral's recent restoration. The City of Sacramento and the SCSO are both grateful to Father Kiernan and his staff for such a warm welcome to



Daniel Yoder, Baritone, Yoo Ri Clark, Soprano, Donald Kendrick, Conductor, Tania Mannion, Mezzo Soprano and Pedro Betancourt, Tenor, greeted hundreds of enthusiasts of the Sacramento Choral Society at the post-event gathering.

Cathedral head docent Denise Fracchia brought the history of the building alive. Both speakers focused in specific windows as they related to works on the program and pointed out unique differences in the European and American glass before "the windows went to sleep" during the concert after the sun had set.

A huge crowd celebrated with the SCSO at a post concert reception in the lower level of the Cathedral where the SCSO unveiled its new Carmina Burana release.

This magnificent venue. The SCSO is particularly pleased to have the support of the Parish Manager Tom Waddock and his warm hospitality team of docents and volunteers.

The SCSO plans to launch its 15th season with a concert at the Cathedral on Saturday, October 30 at 8 PM entitled Vespers at the Cathedral.

For more information, please visit the SCSO website soon: sacramentochooral.com.

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