

Carmichael Times



**Carmichael
Oaks Raffles
Quilt Art for
Alzheimer's**

Page 9

Don't Forget to Vote



Tuesday June 8th



**Lungren
Welcomes
America
Speaking Out**

Page 10

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Volume 30 Issue 22

Serving Carmichael and Sacramento County since 1981

June 2, 2010

State Awards Region \$65 Million for Interstate 80 Improvements

Grassroots Efforts for Effie Yeaw gets County's Attention



Carpool lanes help the region's freeway system by making travel easier for carpoolers and also allowing for commuter buses to offer improved service.

Sacramento Region - The California Transportation Commission recently awarded \$65 million for high-occupancy vehicle (HOV) lanes on Interstate 80 from west of Interstate 5 to Watt/Longview where the new lanes will connect to the existing HOV lanes to Placer County. Construction on the project is scheduled to start in March 2011. The funds come from nearly \$190 million in northern California cost savings from projects funded by Proposition 1B, the voter-approved bond measure from 2006.

The funding through the CTC is especially timely in closing a large funding gap and making it possible to coordinate construction of the HOV lanes with highway rehabilitation investments along the corridor; a total of \$171 million will be invested. Construction activities are anticipated to begin once the CTC funding is secured in the fall. The high-occupancy vehicle lanes are part of the Sacramento region's Metropolitan Transportation Plan for 2035, but were not expected to be complete until 2015. The CTC funding helps the delivery timeline

considerably and makes it possible to transfer nearly \$100 million in Measure A funding for the I-80 HOV lanes to the I-5 HOV project, thereby moving up the delivery of that project as well. High-occupancy vehicle lanes, commonly known as carpool lanes, help the region's travel system, by making travel easier for carpoolers and also allowing for commuter buses to offer improved service.

The CTC's action on the CMIA savings also included \$3.5 million for the El Dorado County Transportation Commission to extend HOV

lanes further east in El Dorado County.

SACOG coordinates transportation planning, funding and project delivery for Sacramento, El Dorado, Placer, Yolo, Sutter and Yuba counties and the cities within them. SACOG also engages elected officials in land use and other regional issues.

Source: SACOG

Carmichael - When sixty-five people came to the May 12th "Efficiency Workshop" between the Sacramento County Regional Parks Department and the Board of Supervisors, to voice their support for keeping the Effie Yeaw Nature Center's programs intact, it made an impact. Attendees wore green attire and stickers with the American River Natural History Association's logo to persuade the County to choose the nonprofit to run the Nature Center as funding will end July 1st. "They had no idea how many people would spend a Wednesday afternoon to show the County we are concerned about the budget cuts coming to the nature center and want to have input in its future. Two big blocks of green shirts in the audience sent a powerful message," said meeting attendee, Liz Williamson.

"We are not just complaining about the budget cuts, we are motivated to find solutions," said Shellie Horton, active Friends of Effie Yeaw member. Public pressure for transparency in finding new management for the Nature Center resulted in Requests for Proposals being sent to four nonprofits; The American River Parkway Foundation, The County Office of Education (operators of Sly Park Education Center for children), The Discovery Museum and ARNHA. "A coalition among these groups would be the best case scenario for the Nature

Center's current survival and for it to flourish in the future," said Carol Doersch, ARNHA Associate Board member. "But ARNHA is ready to go it alone if that is the way things turn out. ARNHA has supported the Nature Center for 29 years and will continue happily and efficiently," added Doersch.

The Sacramento Zoo and Fairytale Town are held as successful examples of nonprofits taking over venues formerly run by a government entity, but they both continue to receive funding from the City of Sacramento, thirteen years after their transition. Sacramento County's proposed budget ceases all funding of the Nature Center and Preserve on July 1st, a move that Williamson described as "wildly irresponsible". The Friends of Effie Yeaw Nature Center and Preserve will continue organizing to see the County continues to provide some funding to the center and its programs and to fight any interruption of programs during the transition.

Since its start on Earth Day, www.saveeffieyeaw.org has had over 900 visitors and over 2100 hits. "Once people found out the severity of the situation the Nature Center is in, the response was overwhelming. The future of the Nature Center looks a lot brighter, but we still have a long way to go," said Heidi Kuehner, website creator.

Source: www.saveeffieyeaw.org

Niello Co-authors Law to Protect Children from Violent Sex Offenders

Sacramento - Assemblyman Niello declared his commitment to the safety of California's children by signing on as a co-author of Chelsea's Law - Assembly Bill 1844. This legislation, introduced by Assemblyman Nathan Fletcher in partnership with Kelly and Brent King, parents of Chelsea King, is focused on ensuring the protection of children from violent sexual predators.

Chelsea's Law is named for Poway teenager Chelsea King, whose life was taken in February by a convicted violent sexual predator. Chelsea's Law will increase penalties for all sex crimes against children, strengthen California's one-strike provision for violent sexual offenders, expand GPS monitoring and establish "Safe Zones" to prevent released offenders from loitering in parks and other public areas where children congregate.

"Public safety is the first responsibility of government, especially where the most vulnerable among us are concerned," stated



Assemblyman Roger Niello

Assemblyman Niello. "This legislation is long overdue, and I am pleased we are moving forward in a bipartisan manner supported by a broad coalition of law enforcement organizations." "Chelsea's Law is the first step in our effort to fix the problems in California's public safety system that failed Chelsea King and continue

to place our kids and communities at risk," stated Fletcher. "With Kelly and Brent King leading the way, we have channeled all of our energy into this effort to create lasting change in Chelsea's name that will make every California child safer. I thank Assemblyman Niello for joining our cause."

In addition to the leadership from the King Family, Assemblyman Nathan Fletcher and Assemblyman Niello, Chelsea's Law is being driven by a network of over 85,000 "changemakers" from around the world in addition to law enforcement groups, crime victim advocates and concerned citizens.

"Through Chelsea, Californians are speaking up and speaking out. We are thankful to each co-author for listening to that collective voice and taking the necessary steps to reform our laws," said Kelly and Brent King.

Chelsea's Law passed the Assembly Public Safety Committee on April 20th.

New Info on Hit and Run Fatal Accident



Possible vehicle involved in the accident was a silver 2000 Mercedes ML55 AMG SUV

CHP Special Report
Officer Lizz Dutton,
Public Information Officer

On May 18, 2010, at approximately 12:20 a.m. the California Highway Patrol Communications Center received calls of a pedestrian wearing dark clothing walking in or about the traffic lanes on westbound I-80 east of Watt Avenue. Two separate patrol units responded to the area and ran traffic breaks checking for the pedestrian and were unable to locate

any. No other calls were received on the pedestrian until approximately 05:30 when the CHP received reports of a body in the center divider. Upon CHP arrival, they located a deceased male identified as Adan Brock, a 50 year old from Sacramento, lying near the concrete median wall of the center divider.

A preliminary investigation indicates the pedestrian was possibly struck by a silver 2000 Mercedes ML55 AMG SUV and thrown to the center divider. The Mercedes should

have damage to the left front headlight area and the left front driving light. If you witnessed or have any information regarding this traffic collision please contact the Special Investigations Unit at the North Sacramento CHP Area at (916) 338-6710.

Callers can remain anonymous and they are eligible to receive a cash reward of up to \$1000. Please CALL 443-HELP or 1(800)-AA-CRIME or TEXT 274637 (CRIMES) SACTIP.

Prom at The Park Fundraiser Benefits Big Brothers Big Sisters

Young Professionals Committee Organizing Red Carpet Event

Sacramento - The Young Professionals Committee of Big Brothers Big Sisters is hosting the 2nd annual Prom at The Park, a red carpet fundraiser that is sure to be one of the biggest events of the summer for Sacramento's 21 and up, young professional crowd.

This premiere Sacramento event is taking place Friday, June 11, at the Park Ultra Lounge in downtown Sacramento. This event will feature red carpet photography and a VIP lounge experience. In the true sense of Prom, attendees are encouraged to come dressed in their best.

Not only will this be an event to remember, but it is a party with a cause. The funds from pre-sale tickets benefit Big Brothers Big Sisters of Greater Sacramento. Tickets are \$15 per person or \$25 per couple and are being sold online now at www.promatthepark.com.

The Young Professionals Committee (YPC) is a group of dynamic and diverse young men and women in the surrounding region who volunteer their time and talents to support Big Brothers Big Sisters of Greater Sacramento. For more information

about Prom at The Park and the Young Professionals Committee visit www.ypcsacramento.org.

Big Brothers Big Sisters is the oldest, largest and most effective youth mentoring organization in the United States. We have been the leader in one-to-one youth service for more than a century, developing positive relationships that have a direct and lasting impact on the lives of young people. Big Brothers Big Sisters of Greater Sacramento serves children, ages 7 through 15, in Sacramento, Yolo, South Placer, San Joaquin, Yuba and Sutter Counties.

Wild Kingdom Comes to Effie Yeaw Nature Center



Carmichael - Things are about to get wild at Effie Yeaw Nature Center. Peter Gros, co-host of the original Mutual of Omaha's Wild Kingdom, along with some of his animal friends will stop by Monday, June 7 to do two appearances from 8:45-9:15 a.m. and 9:30-10 a.m.

Gros will talk with those in attendance about what they can do to protect the natural world and the animals that share it with us. A serval, python, civet, ocelot, ring-tailed lemur, fennec fox and a few creepy crawly creatures will help him deliver his message. Live animals from the Nature Center and some fascinating natural history biofacts will also be on display. Tickets for this event are \$2.50 per person. For more information, please call 489-4918.

For more information about Mutual of Omaha's Wild Kingdom, visit wildkingdom.com.

Left: Peter Gros with alligator

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!



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 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...

Wild Kingdom Comes to the Effie Yeaw Nature Center on June 7!

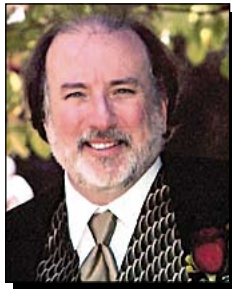
Peter Gros, original co-host of the original Mutual of Omaha's Wild Kingdom, and a few of his animal friends are stopping by the nature center to do appearances from 8:45-9:15 a.m. and 9:30-10 a.m. Tickets for this event are \$2.50. For more information, call 916-489-4918.

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

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.



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.

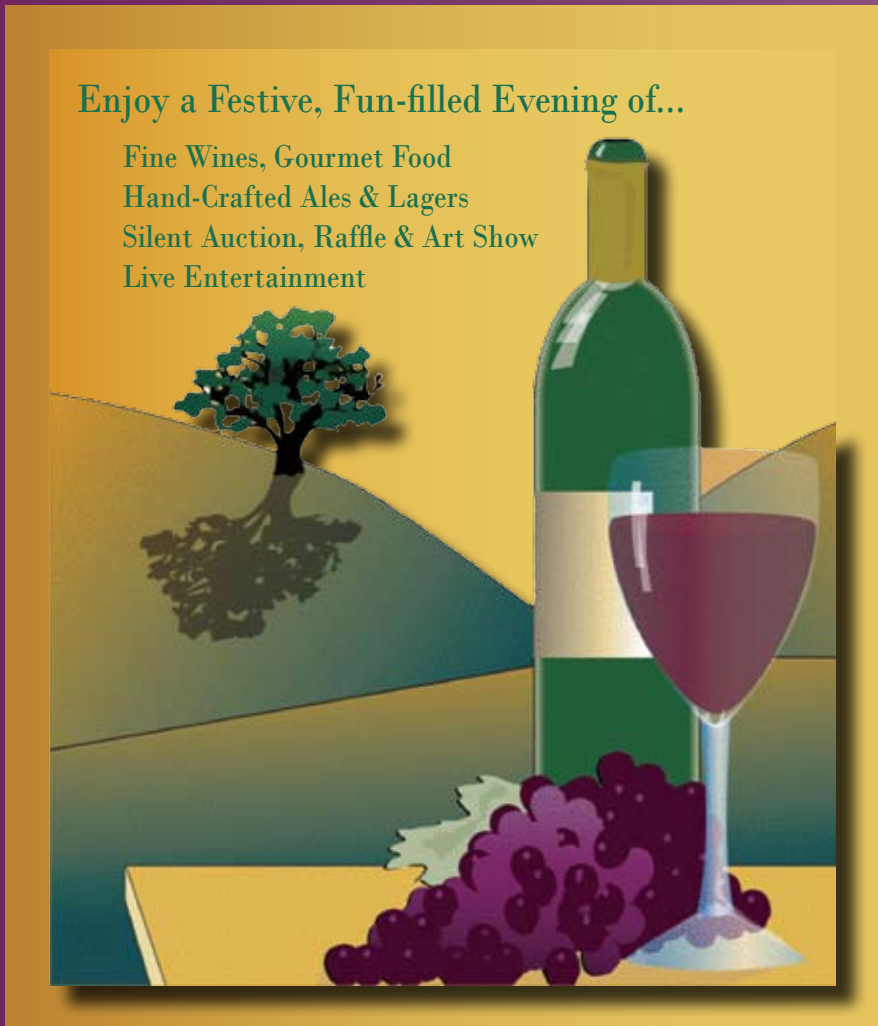


17th Annual a Taste of Fair Oaks

Presented by the Fair Oaks Chamber of Commerce

Enjoy a Festive, Fun-filled Evening of...

Fine Wines, Gourmet Food
Hand-Crafted Ales & Lagers
Silent Auction, Raffle & Art Show
Live Entertainment



June 4, 2010
6pm - 10pm

Pre-Event Tickets \$35
Tickets at the Door \$40

North Ridge Country Club

7600 Madison Avenue
Fair Oaks, CA

For Advance Tickets & Additional Information:
Call (916) 967-2903 or visit www.fairoakschamber.com

Must be 21 or over to attend.



**ARDEN HILLS
RESORT CLUB & SPA**
1220 ARDEN HILLS LANE
SACRAMENTO

ARDEN HILLS BOOT CAMP!

Mondays & Wednesdays, May 31 thru July 7, 9:00 - 10:00 a.m. (six weeks)
\$150.00 for one class per week or \$300 for two classes per week

Scary as it sounds, it is nearly swimsuit season!!! NOW is the time to get your body into shape like never before with a six-week Boot Camp class at **Arden Hills Resort Club & Spa** on Monday and Wednesday mornings led by Fitness Director Adam Attia and his "drill co-instructor"

Chris Kirkwood. Work that body, tone those abs, lose the flab in six short weeks with a high impact and high energy boot camp class that is sure to produce results just in time for summer fun! Open to everyone, call 916-482-6111 for more information or visit www.ardenhills.net.

ORGANIC PRODUCE WELLNESS SEMINAR

Monday, June 7, Noon • \$20.00

Eating organic is quite trendy right now but there's more to it than simply looking for the organic sticker at the grocery store. Turns out, some products do not need to be organic due to their pesticide content and growing conditions. Find out the facts on organics and

eating healthy at a special wellness seminar presented by Lisa Taylor, the on-site nutritionist at **Arden Hills Resort Club & Spa**. Open to everyone, advance reservations are suggested as space is limited. For more, call 916-482-6111 or visit www.ardenhills.net.

"LIVE WITH OBADIAH" COOKING CLASS

Wednesday, June 2, 6:00 p.m. • \$20.00

It's almost summertime and time to taste and prepare some of the season's very best culinary delights. Executive Chef Obadia Huetter is planning a special cooking class about creative ways to prepare healthy and nutritious meals using the outdoor grill during the next "Live With Obadia" at Arden Hills Resort Club &

Spa. You'll learn about new cooking techniques and how to maximize the nutrients and flavor of regional cuisine using techniques that may surprise you. You're invited to join this ongoing and popular adult cooking series. Space is limited so reserve yours today. For more, call 916-482-6111 or visit www.ardenhills.net.

"FOREVER FIT" WELLNESS CLASS

Wednesday, June 9, 11:30 a.m. • \$20.00

When it comes to feeling great at any age, looking good is important to your overall well-being, too. For tips on a fresh new summer look and how to expertly apply today's natural looking mineral make-up, you're invited to a special "Forever Fit" wellness class at

Arden Hills Resort Club & Spa. Stylists from Salon Cabochon will help you create a perfect and fresh summer look to make you look and feel youthful and vibrant. Open to everyone, space is limited. To find out more, call 916-482-6111 or visit www.ardenhills.net.

SUMMER SUNDAYS!

May 30, June 6, June 13, June 20, June 27, All Day • \$50.00 (daily resort pass)

Ahhh, summers in the city! Imagine yourself lounging poolside -- guilt-free after a nice workout or exercise class -- and enjoying being served frozen grapes, tasty bite-sized appetizers and listening to a live band. That's right, it's "Summer Sundays" at Arden Hills Resort Club & Spa. Open to everyone, a daily resort pass gives you full ac-

cess to the wellness resort for an indulgent day away from all the hustle and bustle of the week. Advance reservations are not required, just show up on Sundays with your swimsuit and great attitude and we'll take care of the rest -- we'll even provide sunscreen and sunglass cleaning! For more, call 916-482-6111 or visit www.ardenhills.net.

For More Information:
916-482-6111
or www.ardenhills.net



**ARDEN HILLS
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A WELLNESS RESORT

PARKING LOT SALE JUNE 5TH 2010

**Huge Annual
Parking Lot Sale
June 5th, 7am-2:30am**

**Carmichael
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Carmichael**



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- Revive the Economy - Grow the private sector and make California business friendly again.
- Reform the System - Control Spending – Make the government live within its means.
- Remedy our Neglected Infrastructure – Legislate and advocate for plentiful and affordable water and energy.
- Restore Quality Education - Enable competition and create accountability.

Please check out my website for dates and locations to "Meet the Candidate" at www.suzannejonesforassembly2010.com I would love to meet with your club, group or neighborhood.

Please email questions or comments to :

Suzanne@suzannejonesforassembly2010.com

Paid for by Suzanne Jones for Assembly 2010
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Dr Bob Graykowski



The Mind/Body Connection

How is stress reduction related to back-pain prevention? When the mind is overwhelmed by emotional or psychological stress, the body suffers. Numerous scientific studies have established the connection between anxiety and back pain. According to research, high levels of emotional stress not only triggers back pain, but may also prolong discomfort from traumatic injuries. Stress, say researchers, may propel an acute injury into a long-term condition. One recent Australian study concluded that, "psychosocial factors are dominant in the presentation of chronic low back pain in adults and the disorder is not primarily a musculoskeletal one".

According to a late-breaking report, stress inhibits the delivery of cytokines – chemical compounds that trigger healing – to wound sites.

Of course, "prevent stress" is easier said than done. Chiropractors are dedicated to keeping you healthy and pain-free – and that means keeping you stress-free. That's

**Understanding Stress/
Back Pain Connection**

why at Chiropractic USA we keep up with scientific research on all-natural techniques for fighting anxiety. Following is an outline of several of these potent stress-busters

End Anxiety with Exercise

Scientific experiments show that engaging in regular aerobic workouts for at least 20 minutes cuts anxiety. How does staying fit slash stress? Scientists at the University of Illinois used electroencephalogram machines (EEGs) to look at the brains of subjects during aerobic exercise. The investigators discovered that exercise spurred significant changes in the activation of brain regions associated with anxiety. Exercise also produces mood-boosting chemicals called endorphins. Incorporating low-intensity exercise into your fitness regime, in addition to aerobic activity, will further reduce anxiety. Specifically, Tai Chi, yoga and stretching routines are especially effective stress-busters.

Mitigate Anxiety with Meditation

Meditation is a stalwart foe of stress. Scientific research reveals that, beyond its calming effect, meditation may also reduce pain, fight cancer, prevent heart disease and increase mental focus. There are several types of meditation to explore. If traditional meditation techniques aren't for you, try listening intently to a piece of classical music or taking up a craft that requires concentrated focus.

Stamp out Stress with Supplements

Anxiety is linked with drop in blood levels of several B Vitamins, amino acids, essential fatty acids,

magnesium and calcium. Eating vitamin and mineral rich live foods and supplementing antioxidants including omega 3 oils, vitamin C, vitamin A, carotenes, vitamin E and selenium repair cellular damage associated with psychological stress. Because these nutrients are also essential for healing, they are often advocated for back-pain sufferers. Herbal remedies are also frequently recommended for our stressed-out patients. Herbs used to quell anxiety include St John's Wort, passion flower, kava kava and valerian root. However, it's important to check with your chiropractor before taking any herbs, as some have potentially harmful side effects for specific individuals or if taken with certain medications.

Looking for a drug-free solution to stress? Look to Mother Nature. For centuries, people have sought peace by connecting with the environment. Taking a walk in the park or along the river can be very calming on our nervous system and several studies support the power of the natural world in stress management.

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**



ChiropracticUSA™

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

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

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 8th

**Find Your Balance:
The Secret to Overall Health**

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

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Carmichael Times
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Safety First on Airport Roads

Sacramento - As construction continues on the Big Build and the summer travel season heats up, officials at Sacramento International Airport are urging drivers to slow down and be cautious.

Due to the high volume of vehicle traffic and multiple crosswalks, the speed limit drops to 10 mph in front of the terminals. At this speed, drivers can easily stop for pedestrians or cars pulling out from the curb. Pedestrians should use marked crosswalks and be aware of oncoming traffic. In addition, the Sacramento County Sheriff's Airport Division has recently increased traffic enforcement at Sacramento International Airport.

Mobile phone use is extremely distracting to drivers, and the airport encourages everyone to hang up their phones while driving. To avoid circling the terminals and talking on the phone, airport officials recommend using the free Cell Phone Parking Lot located near the airport entrance at I-5. The lot has no gate and drivers may wait there for up to three hours. Unattended vehicles are prohibited.

Volunteer at SMF

With the new terminal under construction, it's an exciting time to volunteer at Sacramento

International Airport. The Airport Ambassador Program is looking for new volunteers.

Ambassadors help travelers with many types of questions, including directions, information on tourist attractions, airport services and more. The Airport Ambassadors provide a valuable service to Sacramento County Airport System. Therefore, the airport supplies each volunteer with a polo shirt, vest and an employee parking pass. The airport also throws parties for the volunteers, includes them in Airport System updates and provides other perks.

The minimum volunteer commitment is two four-hour shifts a month. Not all shifts are available, but the schedule can be flexible. Airport Ambassadors must be at least 18 with an active email address and basic internet skills. For more information or to sign up for a new volunteer info session, please contact Karen Doron at (916) 874-0662 or via e-mail at doronk@sacounty.net.

Airport Seeks Holiday Entertainers

The Sacramento County Airport System is soliciting proposals from professional and amateur musicians to entertain passengers during the holidays at Sacramento International Airport. The Airport's

holiday entertainment program has grown from a small assemblage of school choirs to support two weekend visits by Santa Claus in 2000 to a robust performance schedule exhibiting a broad spectrum of musical entertainment celebrating the region's artistic and cultural diversity. Performances are scheduled during peak passenger traffic hours to entertain passengers and guests alike, reducing the impact of the busy holiday travel periods on International Airport's travelers and their friends and family. For more information, visit the airport's Business Opportunities webpage at <http://www.sacairports.org/int/opportunities/Requests.html>

Construction on I-80

The summer road construction season is underway. The California Department of Transportation (Caltrans) is conducting several construction projects on Interstate 80 between Colfax, California and the Nevada State line. Travelers heading to Sacramento International Airport from these areas may experience delays through mid-October 2010. For more information on the project, visit <http://www.getacross80.com>.

Source: Sacramento International Airport

Sacramento's 19th Annual HIREvent Comes June 15th

Sacramento - Sacramento's Annual June HIREvent returns for its 19th year with an impressive lineup of job opportunities on Tuesday, June 15, from noon to 4pm at the Holiday Inn Northeast, 5321 Date Ave (near Madison & I-80).

Jobseekers will find a roomful of exciting prospects with many

of the region's top employers. Representatives from a number of public and private-sector organizations will be present, seeking to fill immediate openings in a variety of fields.

Those who want to fine-tune their resumes can get free, personal consultations

with employment experts.

Jobseekers should dress for success and be prepared for a productive afternoon, because all the employers will be eager to hire. This free event is sponsored by KCRA 3, KQCA My58 and Job Journal. For more

Carmichael Cactus and Succulent Society

Meeting: Thursday, June 3rd, 10:00 am

Note: A Field Trip to Norm Klein's Cactus Garden, following lunch.

Ph: 916-729-3475

Carmichael Park Clubhouse

5750 Grant Avenue

Carmichael, CA 95608

Cost: Free! Visitors are Welcome!

FOURTEENTH SEASON

SACRAMENTO CHORAL SOCIETY

DONALD KENDRICK MUSIC DIRECTOR

Sacramento Stained Glass Series

Cathedral of the Blessed Sacrament
1017 11th Street, Sacramento

CONCERT TWO
Saturday, June 5 at 8:00 PM

Tribute to the Great Churches of Europe

Organist: Stephen Janzen

Mozart *Coronation Mass*

Soloists: Yoo Ri Clark, Soprano Tania Manion, Mezzo
Pedro Betancourt, Tenor Daniel Yoder, Bass

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- *Holiday at the Waldorf*
December 6-10, 2010 • \$2,649 pp double

Mission Oaks Showcase

Sunday
June 13
2pm
Free Admission

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

New Class - HEALTH & HAPPINESS
Fridays • 11am - Noon/3 Weeks • June 11, 18 & 25 • \$40
Pre-registration recommended
Instructor Mykim Tran, Certified Nutrition & Wellness Consultant

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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

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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

The camp is divided into two age groups:
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CHAUTAUQUA PLAYHOUSE

Charley's Aunt

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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Merrill Gardens is hosting special events nationwide to help support our troops. Please join us.

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Thursday, June 17 • 5:00 - 7:00 pm
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RSVP: By June 14th

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Honoring Young Women who have Earned Girl Scouts' Highest Awards

From Jennifer Lemos, MCC, Girl Scouts

Sacramento - The Girl Scout Gold Award, the highest award in Girl Scouts, was awarded to 55 Girl Scouts at Recognition of Excellence Ceremonies in Sacramento and Modesto.

"The Recognition of Excellence ceremony is our opportunity to celebrate the efforts our older Girl Scouts have made in contributing to our community," said director of program for Girl Scouts Heart of Central California, Loretta Kitch.

Girl Scout Gold Award projects address a valid community need in which the girl strives to make sustainable and lasting changes. Nationally, only 5.4 percent of Girl Scouts eligible to earn the Girl Scout Gold Award complete their project and receive the award.

Local awardees were; Laura Anderson, Jenny Horton, Kaitlin

Kelley and Sarah London of Carmichael, Jamie Estopinal of Fair Oaks, Laura Lapham of Gold River and Victoria Payne of Orangevale.

Certificates for recognition from the United States Senate, United States House of Representatives, California House of Representatives, and the State Senate were presented to the award recipients. Other high ranking awards were also presented at this ceremony: the Girl Scout Silver Award, the second highest award in Girl Scouts and the Girl Scouts Heart of Central California Rose Award.

"Earning [My Girl Scout Silver Award] was a way for me to give back to my community and to work independently and confidently as a mature young woman, which I believe is the ultimate purpose of Girl Scouts," said Girl Scout Silver Award recipient, Kate Ely.

Keynote Speaker for the Sacramento event, held at the

Doubletree Hotel on May 16th, was Carol Corrigan, Associate Justice of the Supreme Court of California.

2010 Local Council Award Numbers are: 55 Girls have earned their Girl Scout Gold Award, 70 Girls have earned their Girl Scout Silver Award, 16 Girls have earned their Girl Scouts Heart of Central California Rose Award, 4 Girls have earned their Bridge to Adult Award.

The Girl Scout Gold Award has evolved from a long line of Girl Scout leadership awards going back as far as 1919. The Girl Scout Gold Award is the highest award a Girl Scout between ages 14 and 18 years old can earn. Currently between 5-6 percent of eligible Girls Scouts earn the Girl Scout Gold Award annually. The Gold Award recognizes the work of Girl Scouts who demonstrate leadership culminating in 65 hours or more dedicated toward a service project with a lasting impact on their community.

Save A Life, Look Twice

CHP Report Officer Lizz Dutton, Public Information Officer

California's traffic safety partners and their supporters are hoping to drive home an important message that just might save a life.

Home to more than 1.2 million licensed motorcyclists, California has seen a decade-long increase in the number of victims killed or injured in motorcycle-involved collisions; according to the CHP's Statewide Integrated Traffic Records System (SWITRS), a record 586 victims were killed and another 13,252 people were injured in motorcycle-involved crashes throughout the state in 2008.

"Although the statistics are grim, California appears to be on course to see a potential decrease for 2009 in the

number of motorcycle fatalities and collisions for the first time in several years," said CHP Commissioner Joe Farrow. "While it's encouraging, there's still much more work ahead and challenges to overcome."

"Awareness of motorcycle safety issues is making a difference, both with riders and vehicle drivers," said Christopher J. Murphy, director of the California Office of Traffic Safety. "The Office of Traffic Safety, California Highway Patrol and many others are working together to save lives and prevent injuries of riders throughout the state."

Whether traveling by two, three, four or even 18 wheels it's up to all motorists to help create a safer highway environment by using common sense and courtesy while on the road.

"As a motorcyclist myself, I know

the importance of always wearing the right safety gear, especially a helmet, as well as being properly trained," said Robert Gladden, general manager of the Motorcycle Safety Foundation. "Whether you've never ridden or are returning to the road after taking a few years, off training is beneficial."

The CHP strongly encourages all riders to sign up for the California Motorcyclist Safety Program (CMSP) before beginning to ride. CMSP offers the Basic Rider Course for beginning motorcyclists and Experienced Rider Courses for riders who are interested in improving their skills. CMSP expects to train 65,000 motorcyclists per year and operates more than 120 training sites throughout California.

To find a location nearest you go to <http://www.ca-msp.org/>.

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Carmichael Times

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State Indian Museum Celebrates Native California Heritage With 33rd Annual "Gathering of Honored Elders"

Sacramento - In an effort to honor and commemorate California's Native Elders, the State Indian Museum will host the 33rd annual "Gathering of Honored Elders" on Saturday, June 5, 2010 from 10 a.m. to 3 p.m. During this special event each year, the State Indian Museum and California Indian community honor the Elders-the keepers of the traditions-for their role in passing down the important history and culture of Native California people.

In addition to complimentary admission for the special "Community Day," a sponsor-provided lunch will be provided to the tribal Elders-which will include the ever-popular

authentic Indian tacos-and is also available for purchase by Museum visitors. Native American dancers, community service organizations, and arts & crafts vendors will be on hand to enrich the experience. An official proclamation from the Governor's office in celebration of the contributions of California's Indian people will be shared by Larry Myers of the Native American Heritage Commission. Also, the event will include door prize drawings for unique, native-made arts and crafts.

The Gathering of Honored Elders event is co-sponsored by California State Parks, the California Indian

Heritage Center Foundation, the Sacramento Native American Health Center, Yocha Dehe Wintun Nation, Barona Band of Mission Indians, Tuolumne Band of Me-Wuk, and Elk Valley Rancheria.

With special event hours and complimentary admission for this special one-day-only "Community Day," the State Indian Museum is normally open Tuesdays through Sundays from 10 a.m. to 5 p.m. and admission is \$3 for adults (18 & older), \$2 for youths (ages 6 to 17) and free to children five and under. For more information, call 916-324-0971 or visit www.parks.ca.gov/indianmuseum.



Riley Reviews

SWORD-AND-SANDAL EPIC "PRINCE OF PERSIA" FULL OF ACTION

PRINCE OF PERSIA: THE SANDS OF TIME (Rated PG-13)

Aside from indie films, the choice of new movies this week boils down to one between the sword-and-sandal epic "Prince of Persia" and the female-oriented "Sex and the City 2." It should be noted that both films are fantasy, each in their own unique way. Since I have no interest whatsoever in shopping for shoes, handbags and jewelry, I found it rather easy to settle on the Walt Disney Pictures' adaptation of an exotic videogame, even if I am unfamiliar with the fact that is has been around for over 20 years. A bigger selling point for "Prince of Persia: The Sands of Time" is that it is produced by Jerry Bruckheimer, who possesses a gifted talent for delivering blockbuster action. For proof of his genius, take into account the "Pirates of the Caribbean" trilogy.

"Prince of Persia" starts with the promise of grand adventure in the mystical lands of 6th century Persia, where one of the greatest empires the world has ever known appears majestic and threatening all at once. As the hero of this adventure, Jake Gyllenhaal's Dastan was not always

whose sole concern is to safeguard an ancient dagger capable of releasing the Sands of Time. The mystical dagger, with its crystal handle that holds the precious sand, is a gift from the gods that can reverse time and allow its possessor to rule the world, or to at least undo some damage or alter the course of history.

And so, Tamina and Dastan are forced to flee, namely to allow the Persian Prince the opportunity to clear his name and to finger the true culprit. Of course, they are both doomed if the dagger falls into the wrong hands. Now, of course, even a grade school kid can figure out that Dastan and Tamina are also destined for each other. But, first there's the pesky business of being on the lam and avoiding the dangerous pitfalls in the untamed desert. In due course, they end up in the clutches of shady Sheikh Amar (Alfred Molina), a wise-cracking promoter of ostrich races who shares with the Tea Party movement a profound disdain for tax collectors and bureaucratic types.

Breaking free of the Sheikh and his gang, Dastan and Tamina fight off more enemies before arriving at the inevitable showdown with the party responsible for the royal murder. As to be expected of a Jerry Bruckheimer production, "Prince of Persia: The Sands of Time" is an action-packed adventure that is reminiscent of old-fashioned, sweeping swashbuckling epics. The beauty of this film, aside from the fact that it is easily enjoyed by anyone unfamiliar with the underlying videogame, is that, in the face of pure fantasy, it is grounded in a sense of fun and exciting action. It looks like summer is off to a really good start with this gleaming, rousing action picture that has the requisite thrills along with some welcome comic relief (thanks to Alfred Molina's daffy Sheikh).

Women Partnered with Asperger Men Free Support and Education Group

Sacramento - On Tuesday June 8, and continuing monthly on the second Tuesday, from 7:00 to 9:00 p.m. a free support and education group will be held for women who are partnered with men who have Asperger Syndrome. The group will be co-led by psychotherapists Marilyn Perry, MFT, PhD, and Sally Watkins, LCSW, as part of

the Sacramento Asperger Syndrome Information and Support groups that meet at the U.C. Davis M.I.N.D. Institute, 2825 50th St., Sacramento, CA 95817. More information is available by calling Sally Watkins, LCSW, 916-939-8249.

Asperger Syndrome is diagnosed in four males for every female and is a neurobiological disorder

that affects social interaction and communication. For more information about parent and caregiver and groups for adults affected by Asperger Syndrome, go to www.Sacramentoasis.com.

Please note that the Sacramento Asperger Syndrome Information and Support groups are not affiliated with the U.C. Davis M.I.N.D. Institute.

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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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Carmichael's Guide to FREE Summer Concert in the Park!



The Carmichael Recreation and Park District is offering the Summer Concert in the Park Series for your listening and dancing enjoyment at the Danny Bishop Memorial Pavilion for the Performing Arts in Carmichael Park, 5750 Grant Avenue! (In the back of the Park)

- Saturday, June 5** 1-6pm The 19th Annual Community Concert Band Festival
Sponsored by the Sacramento Valley Symphonic Band Association
- Sunday, June 6** 11am-7pm featuring 15 popular bands
Marches, Pops, Classical
- Sunday, June 13** 6:30-8:30pm Capitol City Concert Band
50-60 piece Concert Band
- Sunday, June 20** 6:30-8:30pm SwingMasters
Big Band/Swing
- Sunday, June 27** 6:30-8:30pm River City Boogie Band
Covers/Rock/Blues
- Saturday, July 3** DARK
- Sunday, July 4** 6:30pm-Dark La Sierra Community Center, 5325 Engle Road for the 4th of July Celebration & Fireworks Show!



Carmichael Oaks Raffles Quilt Art for Alzheimer's

Handmade quilt donated in memory of "Sunny" Johnson



Ken, Lola and Marian with Sunny's Quilt

Carmichael-Itgoeswithoutsaying that a handmade quilt says "love." Recently the family of beloved Carmichael Oaks Senior Living resident, Sunny Johnson, donated one of her beautiful handcrafted quilts to the community. In turn the residents of Carmichael Oaks community have elected to raffle this beautiful quilt and to donate the proceeds to the Alzheimer's Association 2010 Memory Walk. Please help the "Carmichael Oaks Folks" Memory Walk team raise funds by purchasing a raffle ticket for just \$1.00 each. You may view Sunny's quilt and purchase tickets April 24 - July 1 at Carmichael Oaks Senior Living, 8350 Fair Oaks Blvd, www.carmichaeloaks.com.

The winner will be notified July 8. If you have any questions please contact Virginia Stone or Denise Brandt via email carmichaelmkg@islllc.com or at 916-944-2323. Sunny was a crafter and quilter for over 30 years. In her lifetime, Sunny created over 35 quilts, all gifted to her family members. Each of her quilts is an original and unique in design, and lovingly created. This beautiful hand-stitched, full bed size quilt, was Sunny's last completed project. "Sunny had a brother in law who passed away from Alzheimer's disease. We are sure Sunny would be honored that we have donated one of her quilts for the cause. You too may know someone who is personally

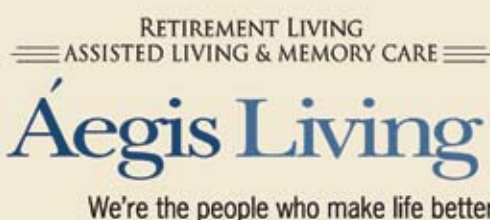
affected by this crippling disease," said Denise Evans, Executive Director at Carmichael Oaks. The Memory Walk is the signature fundraiser of the Alzheimer's Association and provides the community the opportunity to make a difference for families dealing with this disease. Funds raised for the Memory Walk support programs and services of the Alzheimer's Association and fund important research to find a cure. There are 5.3 million currently living with Alzheimer's, and that number is expected to triple to 16 million by 2050 if we do not find a way to stop the course of this disease. The Carmichael Oaks Senior Living provides the finest in senior living with three lifestyle options: independent living, assisted living and memory care. Located in Carmichael, California the expert trained staff provides residents with the highest standards of senior care services. It is operated by Integral Senior Living, which manages independent, assisted living and memory care properties. ISL is founded on a care philosophy that fosters dignity and respect for residents and promotes their independence and individuality. For more information about Carmichael Oaks call (916) 944-2323 or visit www.carmichaeloaks.com.



We're here for you.

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.

Call 916-972-1313 or visit AegisofCarmichael.com for more information.



Aegis of Carmichael
4050 Walnut Avenue
Carmichael, CA 95608

The Habit of the Wise



By Pastor Cary Duckett

I once had the opportunity to speak to a man who was incarcerated. I sat down in front of the man—a thick piece of Plexiglas between us—and picked up the phone to communicate with him. He shared with me how he had made some "mistakes"

preceding his arrest and conviction. He talked of regret for wasting his life, of guilt for those he had hurt, and anger for those he felt had let him down through the years. Finally, he said something profound for someone in his circumstance—"There are three kinds of people in the world: the stupid, the smart, and the wise. Stupid people never learn from their mistakes. Smart people DO learn from their mistakes. And wise people, they learn from the mistakes of others." The School of Hard-Knocks taught this man something he could have learned from the Bible. The Bible is not biased. It records stories of faith as well as failure. The Apostle Paul explains why the Bible contains these

records of failure and sinfulness. He wrote, "These things happened as a warning to us, so that we would not crave evil...They were written down to warn us..."(1 Corinthians 10:6,11). Being human is hazardous work. However, wise people avoid some hazards by learning from the mistakes of others. No one desires to be stupid. All want to be smart. Only a few aspire to reach for wisdom. Read the failures recorded in the Bible—and grow wise. You are invited to come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday. To learn more about Cypress go to www.cypressavenue.org.

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Rep Lungren Welcomes America Speaking Out



Congressman Dan Lungren

Washington DC - Rep. Lungren (R-CA) issued the following statement after the unveiling of America Speaking Out, a program which invites the American people to join the process of building a new policy agenda for America. Through AmericaSpeakingOut, the American people will be given a voice in setting the priorities for a national agenda. At town hall meetings, online at AmericaSpeakingOut.com, and through new communications tools, all Americans will have an opportunity to be a part of this effort.

"Americans have been speaking out but Washington is not listening. Democrats in charge of Congress have pursued a partisan agenda, rather than addressing the concerns of the American people. Whether forcing a government takeover of health care, passing a National Energy Tax, stacking up record deficits, or ignoring our nation's jobs crisis, the actions of this Congress have been against the will of the American people. America is ready for its voice to be heard in Washington, and the nation deserves a government that acts to implement the priorities of the people.

"House Republicans are offering the country a new set of policy solutions, but rather than handing an agenda down from the Washington DC, we want to include the American people in building it. We are committed to our principles of smaller, more accountable government. However, we believe that leadership requires the humility to listen to the American people and a recognition that any new agenda should start with them. So to show

that the voices of the America people can still make a difference in Washington, we are introducing America Speaking Out and giving citizens a new opportunity to lend their ideas to the creation of a new national policy agenda.

"I encourage all Americans, regardless of party affiliation, to be a part of this unprecedented dialogue of ideas. Throughout the summer we will be engaging the American people to solicit their priorities and discussing how our principles can be applied to America's challenges.

"This project will feature innovative web tools and mobile applications that will bring town hall meetings directly to anywhere Americans are discussing our nation's challenges. Changing the course of our nation and the way Washington works will require the American people to continue to speak out and for Congress to start listening. Through America Speaking Out, the people will have a voice in Washington, as well as a group ready to act on their behalf."



"Love is not selfish." This preacher received more than usual the number of positive comments following a message on that topic. Selfishness destroys relationships.

The good news is that there are antidotes to selfishness. The first is to put yourself in a group that has family dynamics. Join a church or a club where you will be expected to take into account the needs and desires of others, where you have to bend and compromise and not always have things your way. I grew up with six sisters and two brothers and I never had my own room. In a family everything is shared so you learn to give way to others, you learn to be unselfish. Secondly, start serving those

Keys to Relational Bliss

you love. If you want a better relationship, if you want a better marriage then determine right now to serve your partner. Stop expecting them to service you and start serving them expecting nothing in return. Start putting your partners needs and dreams before your own. The best marriages I know are those where both husband and wife try to out serve each other. Now that's what a great marriage looks like! Two people showing their love for one another by serving. See serving not as something you "have to do" but something "you get to do". Have you seen the bumper sticker "Treat her like a thoroughbred and she won't be a nag"? It is true and serving is the way to treat those you love.

Thirdly, show respect. Back in 2005 Malcolm Gladwell coined the term "thin-slicing". Thin slicing means making very quick decisions with small amounts of information. Rob Bell says in his book SexGod (which by the way is the best book on relationships I've read) that a skilled counselor can determine

if a relationship will last in just a few seconds using the technique of "thin slicing". He says it's all in the eyes. How does he look at her? How does she look at him? The eyes communicate respect or disrespect. If a couple does not have mutual respect for each other the relationship is doomed, it won't last. Respect begins with simple good manners. If you love someone you don't behave unbecomingly, you honor their "no". You don't violate their personal standards or boundaries. You don't yell or call them names. You never hit. You treat them as you want to be treated.

The antidotes to selfishness are: family, service and respect. These are the keys to better relationships.

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He is the son of Robert Garn of Mission Ave., Carmichael, Calif., and Theresa Bencken of Eastern Avenue, Sacramento, Calif. Garn is a 2008 graduate of El Camino High School, Sacramento.

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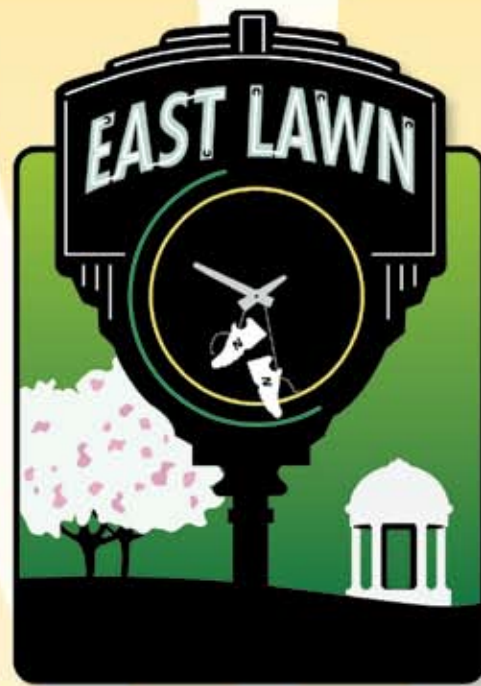
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Stellar Nursery in the Rosette Nebula



A little news from NASA can keep life in perspective

This image from the European Space Agency's Herschel Space Observatory shows the cloud associated with the Rosette Nebula, a stellar nursery about 5,000 light-years from Earth in the Monoceros, or Unicorn, constellation. Herschel collects the infrared light given out by dust. The bright smudges are dusty cocoons containing massive embryonic stars, which will grow up to 10 times the mass of our sun. The small spots near the center of the image are lower mass stellar embryos. The Rosette Nebula itself, and its massive cluster of stars, is located to the right of the picture. This image is a three-color composite showing infrared wavelengths of 70 microns (blue), 160 microns (green), and 250 microns (red). It was made with observations from Herschel's Photoconductor Array Camera and Spectrometer and the Spectral and Photometric Imaging Receiver instruments. Herschel is an ESA cornerstone mission, with science instruments provided by consortia of European institutes and with participation by NASA. For more information on this image, visit ESA's Herschel Program site.

Image Credit: ESA/PACS & SPIRE Consortium/HOBYS Key Programme Consortia

Dare to Live Without Limits

Play Your Hand

By Bryan Golden

You have to play the cards you are dealt. Although you can exert control over many of life's aspects, there are factors beyond your control. Any reaction of anger, blame, or regret will be self-defeating and counterproductive. You've got to take what you've been given and create a strategy to get the most from it.

Of course, who wouldn't want to have everything perfect? No one wants to deal with unpleasant or unfortunate circumstances. But they occur. Once they are present, you have no choice but to make the best of the situation.

Each person has their own idea of what defines a "good hand." The winner of a card game is not necessarily the one who had the best cards. The skilled player knows how to make the most of what they are dealt. Anyone who drops out of the game, when they get a bad hand, will rarely win and often stops playing altogether.

Similarly, winning in life requires the same approach. Every situation you face, and each set of circumstances you encounter, contains one or more opportunities to turn a bad hand into a winning one. It's not the cards you are dealt but how you play them that determines the outcome.

Life is a mix. Everyone gets both good hands and lousy hands. No one is singled out for all good or all bad. What matters is how

you react when your cards are less than ideal. Don't fall apart. Don't get angry. Don't blame others. Don't act like a victim.

You can't go back in time. There is no way to redo or undo events. You are where you are and circumstances are what they are. The only option is to work with what you have to move forward.

There are some simple things you can do to mitigate a bad hand. One option that produces absolutely no positive results is worry. Worry is a totally useless, unproductive, waste of time. Instead, identify what options are available. Evaluate each to determine the pros and cons. You are looking to see what you can do to get the most from what you've got.

Not all action you can take will be productive. Avoid activities that will make matters worse. Don't act impulsively with a knee jerk reaction. Always think before you act. Actions taken and words spoken can not be recalled once launched. Devote your time to only those actions that move you in a positive direction.

Every adversity carries with it an equal or greater seed of opportunity. The challenge is identifying and cultivating it. The opportunity is usually not obvious. Tenacity and determination are required to uncover it.

Fight any tendency to become overwhelmed or negative. Each time you successfully play your hand, your self-

confidence grows as well as your ability to successfully handle whatever comes next. As with anything, your skill level improves with practice.

With the right attitude, things often happen for the best. What initially appears as a bad hand may turn out to be the proverbial blessing in disguise. You've probably experienced this phenomenon. So why not learn from your past positive experiences where things turned out better than you initially thought?

Within you exists more strength, ability, and determination than you realize. It is from this vast well of internal resources that you can draw whatever is needed to get the most from each hand you are dealt.

So sit confidently at the table of life knowing that you can play any hand you are dealt. Every hand is a potential winner. Leave the game and there is no chance of winning. The more you play, the better you become at maximizing the potential of your cards.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columlist.com or write him c/o this paper. © 2004 Bryan Golden

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