

# Carmichael Times



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## Still Blowing Strong



Star turn. Duets from Gershwin's *Porgy and Bess* were a hit. Soloists were (left) baritone James Gentry and soprano Cherie Shoemaker. The band will again feature the couple at the Community Band Festival (Carmichael Park), June 6. Photo: Susan Maxwell Skinner.

By Susan Maxwell Skinner

Godfather of several local ensembles, the Sacramento Concert Band recently marked its 40th anniversary with a free concert in Carmichael's Christ Community Church.

During four decades as one of Northern California's leading community bands, the organization has inspired other volunteer ensembles. From its ranks morphed the American River Symphonic Band, the Capital City Concert Band and the River City Band. The parent group still contains two musicians from its earliest performances.

The birthday program rang the changes precisely as percussion bells. Director Grant Parker's baton swung seamlessly from Bach to Copeland. For topicality, the "Robin Hood, Prince of Thieves" finale coincided with a Hollywood premiere of the latest Robin Hood movie. Like Russell Crowe's Robin, Parker fielded more than one string to his bow. A medley of Sinatra hits showed the deserving place of pop in mixed-brow concert repertoires.

Parker shared the podium with two of his former band directors. Ed LaFranchi founded the group in 1969; Dr Les Lehr followed suite from 1984 until 1990 and led this 60-piece ensemble on its first international tours. "There's so much history in this band," said Parker. "It's also neat to have our three conductors alive and healthy. Directing a band is not just waving a stick for a couple of hours - a performance means lots of work, much of it physical." As a party piece, these past and

present leaders yielded the stick to sax man Wayne Reimers and -- on trumpets and trombone -- fronted a rousing "Buglers' Holiday."

Soloist Presilla Kim provided a youthful interlude. A senior at Folsom High, the flautist has played with the Sacramento Youth Symphony for six years. Her lyrical interpretation of Doppler's Hungarian Pastoral Fantasy demonstrated why state-wide judges have awarded the teenager prize after prize. "It's an extraordinarily difficult piece and she was flawless," beamed Parker. "Presilla is a phenomenal player with bright future." The protégé recently snagged the annual Sacramento Valley Symphonic Association youth artist trophy (and \$1000 study grant) for her third time.

Vocal selections from George Gershwin's most famous opera rounded out the program. James

Gentry was a resounding Porgy to Cherie Shoemaker's Bess.

Though the Sacramento Concert Band is an adult education course at the San Juan School District, Parker's teaching salary and band expenses are met by tuition fees and donations. Congruous with the concert's church venue, the performance included a collection plate that the music-loving congregation dug deep to fill. "We can't keep functioning without public support," an appreciative Parker told his audience. "In return, we will provide high quality entertainment for many years to come."

The band's next performance will be on June 6, at the free Community Band Festival in Carmichael Park.

To donate to the group, to play in its ranks or to learn about future performances, go to [www.sacramentoconcertband.com](http://www.sacramentoconcertband.com)



Wonder kid. Presilla Kim (17) is the only musician to have won the Sacramento Valley Symphonic Band Association youth artist contest three times. After her concert performance, conductor Grant Parker honored the flautist with trophy, a prize study grant and tulips. Photo: Susan Maxwell Skinner.

## Pedestrian Struck & Killed on I-80

**CHP Special Report:** 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 0530 when the CHP received reports of a body in the center divider. Upon CHP arrival, they located a deceased male approximately 50 years old lying near the concrete median wall of the center divider.

A preliminary investigation indicates the pedestrian was struck by vehicles and thrown to the center divider. No vehicles stopped at the scene. 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) 681-2300.

The identity of the male pedestrian is not releasable at this time pending notification of next of kin. The #1 lane of westbound I-80 just east of Watt Avenue was closed for approximately two and a half hours. This collision is still under investigation.

## Candidates for Sheriff Face Off at Forum

**Carmichael** - At one of the best attended debate events for the position of Sacramento County Sheriff, held on May 12th at the La Sierra Center in Carmichael, all three candidates presented their views and opinions to questions asked by those attending the forum.

While all of the candidates had strong answers to a variety of questions, there was no clear-cut "winner" of the debate. Many of those there to witness the debate still had not made up their minds as to which candidate they would be voting for, the general feeling was they did get answers to their questions.

The event was sponsored jointly by the Carmichael Chamber of Commerce and the League of Women Voters, a non-partisan organization.

Here are some of the comments from the candidates from the evening:

### Jim Cooper

"What you are getting right now is unsafe and unfair."

"I support the Second Amendment. Right now, the way things are, people should be able to protect themselves."

And in regard to the number of sex offenders in our area "It is mind-boggling what is happening out there. We need to put more officers towards that."

### Scott Jones

"We have a new day, we have new challenges. One of the first things I



(Left to right) Jim Cooper, Scott Jones and Brett Daniels

want to do is to perform an internal audit."

"We need to give the communities ownership of their own protection."

"People need to feel safe to come out of their homes and patronize their local businesses."

### Brett Daniels

"It's a blind man's approach to patrol. I want to get rid of a top-heavy department."

"I have a long history of pro-Second Amendment rights for Americans to bear arms."

"People protect themselves better than anyone else, which is why I support the Second Amendment."

In regard to the number of sex offenders; "It should be one strike and you're out."

There is also a late write-in candidate, Frank Safidi. As he was

not a part of the debate, we offered him this opportunity to present his views. "I would never presume to be a better person than the other candidates for all of us have some human flaws, but for this office, at this time, I am the better candidate. An organization whose employees are held to a high standard should have as its leader a person with even higher standards. I will demand excellence from department personnel and citizens can expect excellent service from all of us. If elected, I will ensure respect for the rule of law and fairness in its application in Sacramento County; that no one is above its reach, or more importantly, beneath its protection."

To find out more about the write-in candidate go to [www.scafidiforsheriff.org](http://www.scafidiforsheriff.org).

## Taste of Carmichael Enjoy It with Your "Buds"



Sister Swing, an Andrews Sisters 40's-era performance group, will once again offer entertainment.

**Carmichael** - Come out and enjoy the great food, wines, beers, music and laughs with your neighbors of Carmichael at this annual fundraising event! Featured again this year will be many samplings of food from local restaurants and tasting of locally brewed beer and wines from regional wineries.

The 'Taste' of food, wine, brew, music and art in previous year's has drawn over four hundred people from the surrounding community. Proceeds go to Kiwanis Foundation's contributions to charitable organizations serving the children,

the youth, and the disabled. A partial list of beneficiaries of this fundraiser include: Carmichael Park & Recreation District programs, Kiwanis Family House, SJUSD High School Jazz program, local food closets, American Red Cross, Salvation Army, Special Olympic Events, Boy Scout & Cub Scout programs, SJUSD Elementary Special Projects, Children's Receiving Home, Toys for Tots, Heifer Project, Eye Glasses, North Area Teen Center, and many more.

Planned for the event will be over forty booths filled with food and beverage vendors and businesses

from the community. The event will be held at La Sierra Community Center, 5325 Engle Road, Carmichael on Saturday of May 22nd from 4:30-8 PM. Tickets can be purchased at the door for \$40 per person.

Taste of Carmichael Event Manager for 2010 is George White, who with the help of many fellow-Kiwanians, created this fun-filled evening to help raise the needed funding for local organizations. To find out more about the Kiwanis Club of Carmichael, write to P.O. Box 680, Carmichael, CA 95609, or visit [www.carmichaelkiwanis.com](http://www.carmichaelkiwanis.com)

# Deterding School Hosts Annual Arts Festival



During a performance demonstrating E.T.M. (Education Through Music), nine-year-old Corbin Keith leads Third Grade friends in ebullient song and dance. Photo: Susan Maxwell Skinner.

By Susan Maxwell Skinner

Over 300 Deterding Elementary pupils recently played, sang, painted and danced their way through their school's 20th annual arts

festival. The school yard spectacle was enjoyed by 500 visitors. One of San Juan School District's highest achieving academic institutions; the 40-year-old

school is most famed for artistic prowess. From kindergarten to Sixth Grade, every student has music and visual art in their daily curriculum. "We feel that our students' high academic standard reflects being exposed to the arts," says choir teacher George Dozet.

As well as the usual math-and-English grind, students must learn a musical instrument, sing and dab daily with brushes. By the 5th and 6th grade, each kid must be in the school's award-winning band. At the recent Golden Empire Music Festival, the elementary earned a rare "superior" rating for musical tuition offered. Deterding's vision was also recognized by 18 awards at the 2009 California State Fair. At the 2010 expo, a Deterding student's sculpture has taken a "Best of Fair" prize.

The annual festival is a fundraiser for continuing art programs at the school. For information on future events, go to [www.deterding.org](http://www.deterding.org)



Sacramento Symphonic Winds director Dr Les Lehr kicks off a combined pupil and pro attack on *The Tempest*, by R.W. Smith. For Deterding's young musicians, the chance to perform with a grown up orchestra is a thrilling plus for festival participation. Symphony clarinetist Margie Lehr is a former Deterding teacher. Photo: Susan Maxwell Skinner.

# Sacramento County Needs to Partner with Non Profits

By Supervisor Susan Peters

The continuing decline of the economy is expected to result in reduced state and local revenues for Sacramento County's budget for the upcoming fiscal year 2010-2011. In April Interim County Executive Steve Szalay released preliminary information for Fiscal Year 2010-11 identifying a number of possible impacts to programs including cuts to Health and Human Services as well as to Regional Parks.

The budget shortfall is about \$166 million dollars. That's why we need to look outside the bureaucratic box and seize the opportunity to utilize the private and non-profit sectors to deliver services and programs in a more efficient and less costly manner than what is being provided by government.

I support new business models that involve exploring more partnerships with non profits like what the County did recently transferring control of the Mather Community Campus, a major homeless program, to Volunteers of America (VOA). That move will save the County \$1.2 million but still result in providing shelter to the approximately 320 homeless residents who currently occupy the campus. Now VOA will take over all aspects of running the campus, including staffing, building and grounds maintenance services, vocational training for residents and case management services utilizing funding by several sources.

Another transition under way is the transfer of Senior Nutrition Services (SNS) to the non profit Asian Community Center. SNS serves 2,000 seniors each day - 1,400



Supervisor Susan Peters

home delivered meals (aka meals on wheels) and 600 congregate meals at 22 locations. SNS provides a safety net for the elderly and most seniors receiving the home delivered meals are frail, isolated and alone. By administering the program and preparing the same number of meals as before, the Asian Community Center will save the County staff costs and other operational expense for a savings of \$1.3 million.

Utilizing a hybrid model involving private, non profit, and government resources is something Sacramento County has embarked upon before. In December 2008 the County had to close the Oak Park Health Clinic due to budget cuts. However, through a unique public-private partnership, the clinic was reopened in July 2009 under the management of The Effort, Inc. - in association with Kaiser Permanente; Sutter Medical Center, Sacramento; the County of Sacramento; and Sierra Sacramento Valley Medical Society. The closed facility today is providing affordable

prenatal, pediatric, family practice, mental health and dental services to the underserved population of the Oak Park neighborhood. That unique collaboration resulted from generous donations by both Kaiser Permanente and Sutter Medical Center, volunteer physician hours through the Medical Society as well as an agreement with Sacramento County to lease the shuttered building for \$1 per year.

The bottom line is that out of challenging situations often comes innovative solutions. The Department of Regional Parks is well aware that a new approach must be pursued if the Effie Yeaw Nature Center is to remain open. Currently discussions have commenced with a number of organizations like the American River History Association and the American River Parkway Foundation about taking over and operating the nature center so the public does not lose access to that wonderful educational resource. Soon the County will be soliciting proposal requests for the nature center.

As a community, we are very fortunate that so many good and qualified non profits are located in our region and willing to help serve the public. When Board of Supervisors begins budget deliberations during the week of June 14, we should remember the success that has already been made and build upon that by continuing to utilize non profit groups and the private sector where appropriate.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susanpeters@sacounty.net](mailto:susanpeters@sacounty.net).

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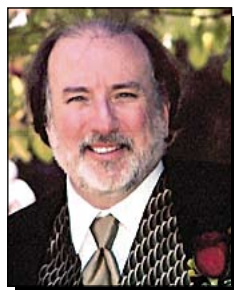
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### Widowed Persons Association of California, Inc.

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

Newcomer's Buffet & Social

Any and all widows or widowers may attend

Third Monday evening  
at 5:30 pm

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

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

Sunday Support

Any and all widows or widowers are invited

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

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

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

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**Saturday May 22, 2010 4:30 to 8:00PM**

**La Sierra Community Center, 5325 Engle Road**

**Charity for Children, Youth and Community projects**

**Event Tickets \$40 per person at the door**

**Event info George 481-0196.**

**Order Tickets Clyde 967-7627**

**or [www.CarmichaelKiwanis.com](http://www.CarmichaelKiwanis.com)**

# The O'Donnell Heritage Park Comes to Life!!



### A Labor of Love...

It began in December 2008, when the Carmichael Recreation and Park District (CRPD) Advisory Board and Administration approved Plan B. Plan B established a unique partnership with the neighborhood community to jointly fund and develop O'Donnell Heritage Park, one of its 4 remaining undeveloped parks. O'Donnell Park had lain fallow for the past 40 years for lack of development funds. Plan B

allowed the neighborhood to contribute half of the \$460,000 needed to develop O'Donnell, thus avoiding the need to sell off any acreage to generate the needed revenues. To meet their fund raising goal, the neighborhood formed a non-profit committee with an active core of 50 volunteers and 300+ supporters. They began an aggressive campaign to raise funds through cash donations, civic contributions, grants, brick sales, garage sales, contractor discounts, and volunteer labor.

The committee chairperson also volunteered to prepare the park site construction drawings. They created an interactive website to report progress through the Internet, and delivered monthly newsletters door-to-door to 750 neighborhood residences. They installed 250+ yard signs to acknowledge individual donations made by neighbors. It was fun to watch the signs move like a

tidal wave from the streets around the park throughout the neighborhood. They met their goal in August 2009, and the CRPD Advisory board and Sacramento Board of Supervisors gave final approval to the jointly funded project in September 2009.

**Volunteers.** Neighborhood volunteers did the site preparation work, such as the installation of storm water rolls and protective tree fencing, removal of bollard obstacles, and



Ed Nicholson & Vern Chang (pictured), played around the Dynamite Tree as kids.

tree trimming. More volunteer work is scheduled for the planting of sod, installation of wood chips and memory bricks, planting of trees and shrubs, re-installation of bollards and removal of storm water rolls and tree fencing. If you wish to volunteer, contact Vern Chang @ 961.1577 or vchang007@aol.com

**O'Donnell Park Will Open July 2010.** Once completed, it will serve 2,500+ residences within a 1/2 mile

radius. It will include a 0-to-5 year old tot lot, 5-to-12 year old play structure, 3-point shooting court, 2,000 foot walking/jogging/tricycle/bicycle trail, butterfly garden, shade structures, picnic tables and benches, drinking fountain, misting stick for cooling, portable restroom, and pet waste station. Additional native trees and shrubs will be planted to enhance the park's beauty.

**A Model For Others.** The close cooperation required by this project has created many new friendships within the neighborhood and established an extraordinary sense of mutual trust and respect between the neighbors, park staff and Advisory Board. The neighborhoods surrounding the 3 remaining undeveloped parks have taken notice of O'Donnell Park's success story and are pursuing similar development strategies with the CRPD. In addition, the California Park District Association has asked Jack Harrison, CRPD's Park Administrator to present "The O'Donnell Experience" as a model for others to consider at their statewide conference in May.

**Last Call for Memory Bricks.** The Memory Brick sales were closed after the committee reached its fund raising goal. However, there have been a number of late requests from neighbors to purchase Memory Bricks for their loved ones. Therefore, the committee has extended the Memory Brick Sales deadline to **June 15, 2010.** If you wish to purchase a brick, send a \$125.00 check made out to the "Carmichael Recreation and Park District", with a note on the check face "Donation for O'Donnell Park", and mail it to "O'Donnell Neighborhood Park Committee, PO Box 1878, Carmichael, CA 95609. You should include an inscription for the Memory Brick, which allows for 45 characters (counting spaces) in 3 lines of 15 characters each. **If you have a question, call Ben Yates @ 967.6349.**



Dr Bob Graykowski



*Yoga comes from the Sanskrit word "Yuj", meaning to yoke, join or unite. Sanskrit is the language of ancient India, where yoga originated. The practice of yoga involves joining or integrating all aspects of the individual - body, mind and soul*

### What is yoga?

Yoga focuses on creating balance by developing strength and flexibility. It's a gentle form of nonimpact exercise, accomplished through the performance of poses. While some poses are performed slowly and increase stamina, others

# The Health Benefits of Yoga

are arranged in a quick succession, imparting cardiovascular benefits. Stretching and relaxation are also interwoven into yoga practice.

### Slash Stress

A recent study, performed in Germany, demonstrates how yoga reduces stress and anxiety and depression. After three months, researchers determined that "women who participated in the yoga-training demonstrated pronounced and significant improvements in perceived stress, State and Trait Anxiety, well being, vigor, fatigue and depression."

Levels of cortisol, a stress hormone, "significantly" decreased after participation in the yoga class. Physical well-being also increased. Subjects suffering from headache and back pain reported "marked" pain reduction

### Halt Heart Disease

Yoga may be an important way to slash the likelihood of developing cardiovascular disease. Yoga may also have a favorable effect on heart rate and blood pressure. One study looked at how yoga affects cardiovascular response to exercise and recovery time after exercise.

### Savor Sleep

Research shows that yoga may help with getting those precious zzz's, especially for seniors who struggle with problems sleeping. The yoga group showed a significant decrease in the time taken to fall asleep and in the feeling of being rested in the morning based on a rating scale after six months.

At our office, Chiropractic USA we teach our practice members how to create a vitalized life through healthy rituals. This lifestyle stresses balanced living: an existence that honors the mind and body connection. Yoga is a activity that can make a measurable difference in your health. We are dedicated to educating our community about creative ways to incorporate healthy choices into daily living. Finding the time for everything from exercise and nutritious eating to adequate sleep isn't easy in today's past-paced world - but it's fundamental for well-being and a balanced life. Join us this spring for one of our life changing wellness workshops.

Creating a healthy community  
Dr Bob Graykowski

## 'Touch of Health' Weekly Vitality Workshop

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June 8th **Find Your Balance: The Secret to Overall Health**

June 15th **Essential Steps to a Vital Nervous System**

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Courtney Lynn	Sun, 5/30
Frankie Soul & No Control	Mon, 5/31
Absolute Zero	Mon, 5/31

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**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](http://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 Obadiah 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 Obadiah" 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](http://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 Cabochoch 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](http://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](http://www.ardenhills.net).

**For More Information:**  
**916-482-6111**  
**or [www.ardenhills.net](http://www.ardenhills.net)**



**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**

- **California Academy of Sciences**  
San Francisco • Wednesday, June 9, 2010  
\$77/per person
- **Father's Day Beer Brunch Cruise**  
Brunch on the Hornblower  
San Francisco • Sunday, June 20, 2010 • \$149/person

**Mission Oaks Showcase**  
Sunday, June 13, 2pm  
Free Admission  
Donations accepted to support Senior Nutrition Program at Mission Oaks Community Center

**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](http://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

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.

For registration information, go to [www.morpd.com](http://www.morpd.com) or call Rich at 488-7276 ext. 3008

**CAMP SESSIONS:**

- Week 1: June 21-25  
Pirate Crusade: Race to Jewel Rock
- Week 2: June 28-July 2  
Camper Quest through Candy Kingdom
- Week 3: July 5-9  
Camp Survivor: Lost on Rainforest Island
- Week 4: July 12-16  
Welcome Back to Monsterstown: The Slimeville Invasion
- Week 5: July 19-23  
Ultimate Team Challenge
- Week 6: July 26-30  
Haunted Mansion Mystery
- Week 7: Aug 2-6  
"A Day in the Life" on Planet Superhero
- Week 8: Aug 9-13  
Crazy Carnival Vacation Celebration

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

**DISTRICT OFFICE**  
(916) 488-2810 • Fax (916) 488-4349  
3344 Mission Ave., Carmichael CA 95608

**MISSION OAKS COMMUNITY CENTER**  
(916) 972-0336 • Fax (916) 972-7371  
4701 Gibbons Dr., Carmichael CA 95608

**SWANSTON COMMUNITY CENTER**  
(916) 333-6464 • Fax (916) 488-4349  
2350 Northrop Ave., Carmichael CA 95825

**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

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

**CHAUTAUQUA PLAYHOUSE • 5325 ENGLE ROAD CARMICHAEL, CA 95608 • (916) 489-7529**

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

Enjoy a family-style spaghetti dinner with all the fixings, and live big band music by nine-piece band the Rotary Rooters, while we raise money to help our troops. All proceeds will benefit the USO.

Thursday, June 17 • 5:00 - 7:00 pm  
Minimum Donation: \$10 per attendee  
RSVP: By June 14th

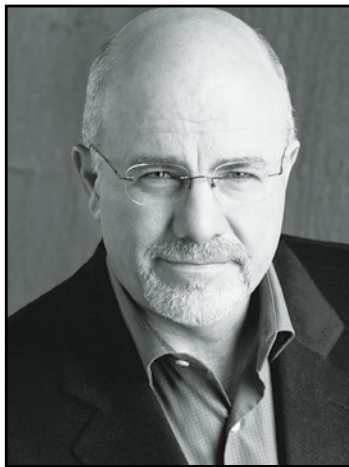
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# Dave Says



## The Free Dinner That Wasn't!

Dear Dave,

How do you feel about the free trips and dinners timeshare communities offer as part of their sales pitches? Isn't it a little like playing with fire?

- Diane

Dear Diane,

You're close. I think it's more like playing with fire while you're sitting in a puddle of gasoline!

Listen, there's nothing good about a timeshare. They have no redeeming qualities whatsoever. Besides, in most of these deals the food is bad and they'll stick you in a room that's not so hot, either. Timeshares are one of the few consumer products that have a 97 percent dissatisfaction rate. It's virtually impossible to find someone who's glad they bought in to one of these things!

I know people play games with this scenario. They think they'll get lots of free stuff by just sitting through a sales pitch and then saying no. But why in the world would you want to waste vacation time or even one weekend of your life letting some salesperson twist your arm?

Plus, you've got the added problem that most folks aren't as tough a sell as they think they are. If you're not careful, you'll end up agreeing with the guy on a couple of silly things, zoning out while the presentation wears on,

and next thing you know, you're driving away as a timeshare owner!

Don't take a chance on getting stuck with one of those things, Diane. It's a dumb idea!

- Dave

## Car Leasing Is 100 Percent Stupid!

Dear Dave,

Do you have any advice on vehicle leasing for business purposes? I've heard that the expense is 100 percent deductible.

- Anonymous

Dear Anonymous,

Yeah, and it's 100 percent stupid, too! "Fleecing" is absolutely the most expensive way to operate a vehicle. What you're talking about is rationalizing the fact that you want a vehicle you can't afford. It's a bad idea.

Dr. Tom Stanley interviewed tons of millionaires while he was writing his book, "Stop Acting Rich." In the process, he found out that 80 percent of them had never leased a vehicle. What does that tell you? It tells me if you want to be rich, you need to do what rich people do—and they don't lease their vehicles! Plus, I really don't care if it's 100 percent deductible. Guess what? I get deductions on the vehicles owned by my company. It's called straight-line depreciation.

Never lease a vehicle for business purposes. If you don't have the cash to pay for it outright, then you can't afford the thing. It's just that simple!

- Dave

*\*Please visit [www.davesays.org](http://www.davesays.org) for more financial advice.*



# POPPOFF!

with Mary Jane Popp



Encore and Misty

## LOVE YOUR PET

More than 73 million dogs and 90 million cats reside in 60 million households in the United States. Yours truly is one of those animal companion lovers. I call them animal companions because they are so much more than pets! They give us so much unqualified love and affection, and ask for little in return. So, it's our job to be sure we keep them safe and sound too. Enter **Dr. Karen Halligan** with her book "**Doc Halligan's What Every Pet Owner Should Know**" and she does. Doc Halligan is Director of Veterinary Services Society for Prevention of Cruelty to Animals/Los Angeles, has her own private practice, and was on the ground in Baton Rouge, Louisiana, dealing firsthand with animals abandoned by Hurricane Katrina...thousands. She has also appeared on "Animal Planet" and "Animal Rescue 911" sharing her expertise. By the way, she shares her life with cat friends Kinky and Nathan.

Doc Halligan's book is the "go to" book for owners and caretakers in need of basic easy-to-understand expert advice on helping pets at any age to stay healthy. Just a few of the areas she addresses are:

- 1) Feeding your pet what a pet should eat...which means no bones, tuna, milk, or table scrap...and controlling portions to avoid the battle of the bulge.
- 2) Giving your pet a weekly once-over...examining the face, lips, nose, ears, coat, toenails, and anal glands...

and noting telltale signs of ten common ailments. Those would be dental disease, ear infections, bladder infections, stomach upset, skin irritation, kidney disease, arthritis, upper respiratory disease, diabetes, or intestinal disease.

- 3) This one is so easy and means so much too. Loving your pet...and helping to ward off cancer and increasing longevity...by spaying or neutering.
- 4) Brushing up and following through on pet dental care...and pet proofing your home to avoid the emergency room blues.
- 5) Outfitting your pet friend, with attention to comfortably fitting collars and one essential accessory: identification tags.
- 6) Traveling safely with a pet...in a car or plane and including your pet in your family's disaster awareness and preparedness plan.

In other words, you must be a pet detective. Train yourself to observe him or her like they observe you.

They know all our patterns, habits, and rituals. Use all your senses: sight, sound, smell, and touch (okay, no taste involved here). Even watch the way your pet moves. Doc Halligan even goes into a sample script for getting the most out of your vet visit, and the scoop on lowering vet bills, and pros and cons of pet insurance. Look for tips to safely swim and run with your dogs. From puppies to seniors, Doc Halligan addresses them all for your good and the good of your pet friend. For more information and some great tips too, you can go to [www.dochalligan.com](http://www.dochalligan.com). If your pet friends mean as much to you as mine do to me, this is a must read commonsense, practical approach to keeping your friend happy, healthy, and out of the emergency room. This article is dedicated to my two special petlets...Encore and Misty !!!

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

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## 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!

## 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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# Make a Splash for Summer Reading Fun

The warm summer weather is coming, and what better way to read a "hot" book than to "Make a Splash" by joining the Sacramento Public Library's Summer Reading program. Each of the 27 Sacramento Public Library locations will offer nearly 600 free entertaining and educational summer reading programs for school-age children, teens, adults, and families, June through August 2010.

Everyone is invited to the Summer Reading program's kick-off celebration, Mega-Splash, from 1 p.m. to 3 p.m., Sunday, June 6, at the Central Library, 828 I Street, Sacramento. There will be free activities for all ages at the downtown

Sacramento library event, featuring award-winning singer-storyteller Francie Dillon; face painters; a henna artist; favorite costumed book characters Curious George, Stella Luna, Rotten Ralph, and Clifford the Big Red Dog; storytelling; kids and teen craft making; games; and more. Plus, metered street parking is free on Sunday.

Water is the theme for this year's Summer Reading programs: Make a Splash for kids, Making Waves for teens, and Water Your Mind for adults.

Starting June 1, library customers can either sign up online at [saclibrary.org](http://saclibrary.org) or at their Sacramento Public Library branch.

Registrants will receive a bingo game card which features Summer Reading activities. When a participant finishes a bingo row of activities, he or she will receive a branch's prize: a book for pre-readers and school-age children and teens and a book bag for adults. There will be grand-prize drawings at summer's end.

Please telephone the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org) for more information on the Summer Reading programs that are sponsored by the Friends of the Sacramento Public Library, Sacramento Public Library Foundation, and News10, with additional support by Target.



St George's  
Episcopal Church

Presents  
A Continuing  
Lecture Series  
on the Middle East

## Diana Perparos: Growing Up In An Islamic Country

Carmichael - Diana Perparos, a member of St. George's Episcopal Church, traces her ancestry back to the very early 1600's. Her notable ancestor was William Linneaus Gardner, Baron in Northern Ireland. The greatgrandson of William, also another William, worked for Queen Elizabeth I. He was Col. William Gardner who trained the first Gurkha Regiment which is called Gardner's Horse (Regiment) up to this day. Col. Gardner married one of the daughters of the Mogul King, Akbar the Great.

As a gift from the British Empire, Col. William Gardner received 30 townships in Northern India. The family lived there until they all immigrated

to various parts of the world.

Diana's mother was of Armenian descent. Her grandmother was one of the almost 2 million Armenians massacred by the Turks. Diana's mother Rose and the rest of the family were rescued by the British government and brought to Northern India.

Rose married one of the Gardner sons and continued to live in Northern India. Diana's biological father passed away when Diana was very young so she was familiar with the Armenian culture with a lot of Greek influence as well.

Although she was baptized in the Anglican Church, she grew up in a predominantly Islamic environment.

Her first attempt to leave the country was at the age of 21. Diana's lecture will focus on her youth and young adult years in the Middle East.

Diana Perparos immigrated to Canada in 1968. She has a Bachelor's degree in English and an International Banking degree. Her career has been in banking, real estate and finance.

WHERE: St. George's Episcopal Church  
5600 Winding Way  
Carmichael, CA 95608

WHEN: Thursday Evening,  
May 27, 6:45 p.m

Refreshments will be served.  
A \$2 donation may be made at the door.

# Dispatching of Emu on Frontage Road in Sacramento

Sacramento -- On May 11, 2010, at approximately 1:00 p.m. a California Highway Patrol Officer was dispatched to a call of a loose Emu in the area of I-5 and Power Line Road. Upon arrival, the officer initially was unable to locate the EMU but shortly thereafter he observed it walking westbound in the eastbound lane of Bayou Road towards Airport Boulevard. The officer made several attempts to corral the bird with his patrol vehicle, however, the bird appeared to be determined to continue westbound on Bayou Road. The officer then requested for Sacramento County Animal Control to respond.

A second CHP officer arrived on scene and assisted with numerous attempts to corral the Emu while also continuing to control traffic. At approximately 2:05 an Animal Control officer arrived and attempted to use a snare and hood to capture the bird without success. The

officers on scene were concerned that the Emu was going to enter the freeway from the on-ramp which would endanger the motoring public. Request for approval to use the departmental tazer on the Emu was granted by a supervisor. Three separate deployments from the tazer which had little to no effect on the Emu due to the thickness of its feathers. The bird continued to run rapidly towards Airport Boulevard and was corralled again by officers. Having run out of viable options, and with supervisor approval, the bird was dispatched and released to Sacramento County Animal Control.

The CHP regularly makes every possible attempt to preserve the life of animals which stray onto roadways, including working with animal control officers, pet owners and using a variety of traffic control techniques. For example earlier today a CHP officer assigned to the

North Sacramento Area encountered a mother duck with four ducklings crossing southbound Fair Oaks Blvd south of Greenback Lane. As the ducks crossed the road, the officer slowed and ran a traffic break to stop traffic and allow their safe passage. The officer then made a u-turn and momentarily stopped traffic on the northbound side as well until the ducks were safely across the highway.

Although it is very rare, it is with regret that on occasion officers may be required to dispatch an animal in order to ultimately preserve the safety of the motoring public. Past experience has shown that animals which wander or run onto highways and freeways present a serious threat to traffic safety as motorists take evasive action at high speeds to avoid hitting them, often resulting in traffic collisions and injuries.

Officer Lizz Dutton,  
Public Information Officer

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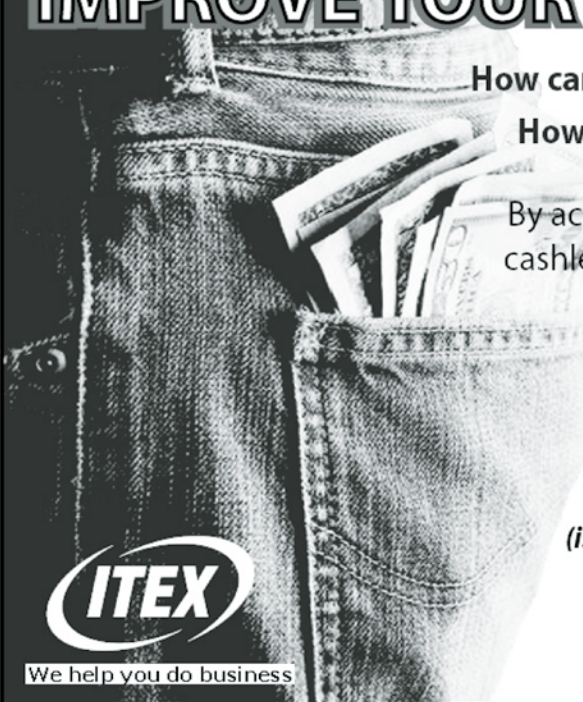
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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00075745 WHEREAS, Temesha Lynette Koontz has filed a petition with this court for a decree changing name of Temesha Lynette Koontz to Temesha Lynette Albee. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on June 2, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 23, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: May 5, 12, 19, 26, 2010. CHRIST 00501 5-26-10

NOTICE OF TRUSTEE'S SALE Trustee Sale No.: 20100195400255 Title Order No.: 100078642 FHA/VA/PMI No.: 14540330 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 07/06/2005, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NDEX WEST, LLC, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 07/13/2005 as Book No. 20050713 and Page No. 0634 of official records in the office of the County Recorder of SACRAMENTO County, State of CALIFORNIA. EXECUTED BY: LIZBETH FICARRA AND JEFFREY FICARRA, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/ CASH EQUIVALENT or other form of payment authorized by 2924(h), (payable at time of sale in lawful money of the United States). DATE OF SALE: 06/01/2010 TIME OF SALE: 11:00 AM PLACE OF SALE: AT THE MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 720 9TH STREET, SACRAMENTO, CA. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 4232 CALLANAN COURT, CARMICHAEL, CALIFORNIA 95608 APN#: 245-0320-016 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$549,884.05. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice

of Default and Election to Sell to be recorded in the county where the real property is located. FOR TRUSTEE SALE INFORMATION PLEASE CALL: FORECLOSURE EXPEDITORS/INITIATORS, LLC 505 NORTH TUSTIN AVENUE, SUITE 212 SANTA ANA, CA 92705 714-277-4845 www.usa-foreclosure.com NDEX West, L.L.C. MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NDEX West, L.L.C. as Trustee Dated: 05/11/2010 FEI# 1039.01750 5/12, 5/19, 5/26/2010 Publish: May 12, 19, 26, 2010. FEI 00502 5-26-10

NOTICE OF PETITION TO ADMINISTER ESTATE OF HELEN M. ARZIG, decedent. ESTATE NO. 34-2010-77074 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of HELEN M. ARZIG, decedent. A petition has been filed by Paul E. Moschetti in the Superior Court of California, County of Sacramento, requesting that Paul E. Moschetti be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Room 214, Sacramento, CA 95826 on June 10, 2010 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the

file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Watson, Hoffe & Hass, 3700 Barrett Ave., P.O. Box 5001, Richmond, CA 94805; (510) 237-3700. Publish: May 12, 19, 26, 2010. WATSON 00502 5-26-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00076295 WHEREAS, Moses Muaj Yeej Christ and Xe Vang have filed a petition with this court for a decree changing names of Lucy Cha to Lucy Muaj Yeej Christ, Melinda Cha to Melinda Muaj Yeej Christ, and Laura Cha to Laura Muaj Yeej Christ. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on June 4, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once

89123. Filed with the Clerk of Sacramento County on May 6, 2010. Publish: May 19, 26, June 2, 9, 2010. TABLES 00503 6-9-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00069124 WHEREAS, LaSonja Holmes has filed a petition with this court for a decree changing names of Kevonne Isaiah Dee Holmes to Kveion Isaiah Dee Holmes; and Kemarion Isaac Anthony Holmes to K'marion Isaac Anthony Holmes. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 15, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 4, 2010. Loren E. McMaster Judge of the Superior Court Publish: May 12, 19, 26, June 2, 2010. HOLMES 00502 6-2-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00076425 WHEREAS, Elizabeth Esther Shore has filed a petition with this court for a decree changing name of Elizabeth Esther Shore to Elizabeth Esther Rhose. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on June 8, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the

FICTITIOUS BUSINESS NAME STATEMENT #10045324. Aleksandr Shilo, 8203 Oakenshaw Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name "Advans Transport" at 8203 Oakenshaw Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on May 14, 2010. Publish: May 19, 26, June 2, 9, 2010. ADVANS 00503 6-9-10

FICTITIOUS BUSINESS NAME STATEMENT #1004296. Lemuel Cardeno, 8445 Las Vegas Blvd. S. #2171, Las Vegas, NV 89123 is doing business under the Fictitious Business Names "Table Scraps; Table Scraps" at 8455 Las Vegas Blvd. S. #2171, Las Vegas, NV

89123. Filed with the Clerk of Sacramento County on May 6, 2010. Publish: May 19, 26, June 2, 9, 2010. TABLES 00503 6-9-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00077920 WHEREAS, LaSonja Holmes has filed a petition with this court for a decree changing name of LaSonja Vantashia Glenwood Holmes to Vantashia LaSonja Fernandez

Shelleyanne W.L. Chang Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2010. HOLMES 00503 6-9-10

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# Run, Walk, Enjoy, but Please – Smile!

arrive in the park by 7:30 AM at the entrance to the main building. Your group needs to bring a good picture or pictures of the person you're honoring to give to the East Lawn staff. Your DVD will include your personal pictures, your group photo, 5K race footage, and -- all this will be set to music! There isn't another 5K event that I know of that does this for its participants. You will receive your DVD in the mail approximately 7 to 10 days after the event.

"We are proud to be the title sponsor of the Alzheimer's Aid Society 5K Memorial Run/Walk event based here at East Lawn Memorial Park", states Alan Fisher, East Lawn President. "Our East Lawn staff has been deeply touched by the vast support of families in the community. We have noticed that many people participate in memory or honor of a loved one. This gives personal meaning and purpose to this growing Sacramento event. We are pleased to offer this unique and

lasting way that event participants can honor their loved ones."

There you have it, folks! You are not only doing your body a healthy service, but you get to brush up on your smiles as well. In addition, you're supporting a local, independent organization that is under new leadership and dedicated to helping families and caregivers dealing with Alzheimer's disease. You not only will leave this 5K event knowing your donations are helping locally, but you'll have a smile on your face as well.

If you can use our services, or know someone who can, please call us at 916-483-2002 or go to our website at: [alzheimersaidsocietyinc.org](http://alzheimersaidsocietyinc.org) for more information. You can also register for the 5K by going to our race website at: [www.memory5k.org](http://www.memory5k.org).

*Sal Arrigo, Jr. is the Vice President of Development for the Alzheimer's Aid Society.*

By Sal Arrigo, Jr.

You really need to mark your calendars for Saturday, July 24, 2010 as the 3rd Annual Alzheimer's Aid Society 5K Memorial Run/Walk takes place at East Lawn Memorial Park in East Sacramento. This is truly a unique venue, but this year, there is something really special – a FREE commemorative DVD Video Tribute for those groups of 10 or more who are participating "In Honor of" or "In Memory of" a loved one or friend.

Here are the details: you gather your group (we would love to see groups of 20 or 30 or more) and



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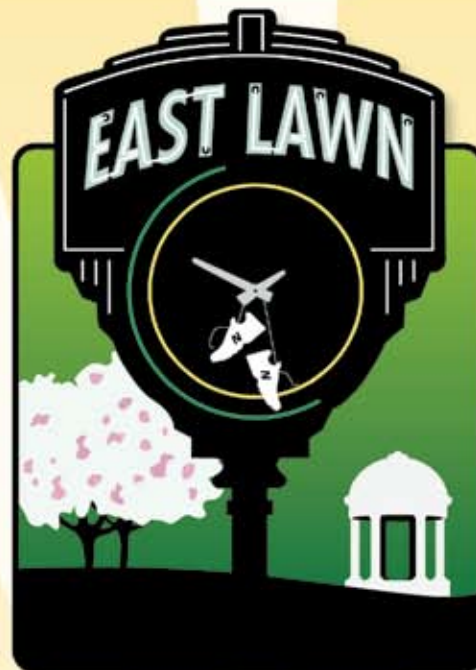
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Alzheimer's Aid Society  
Memorial 5k Run/Walk

City of Sacramento 5k Championship

Saturday July 24, 2010

Start and finish lines at the historic  
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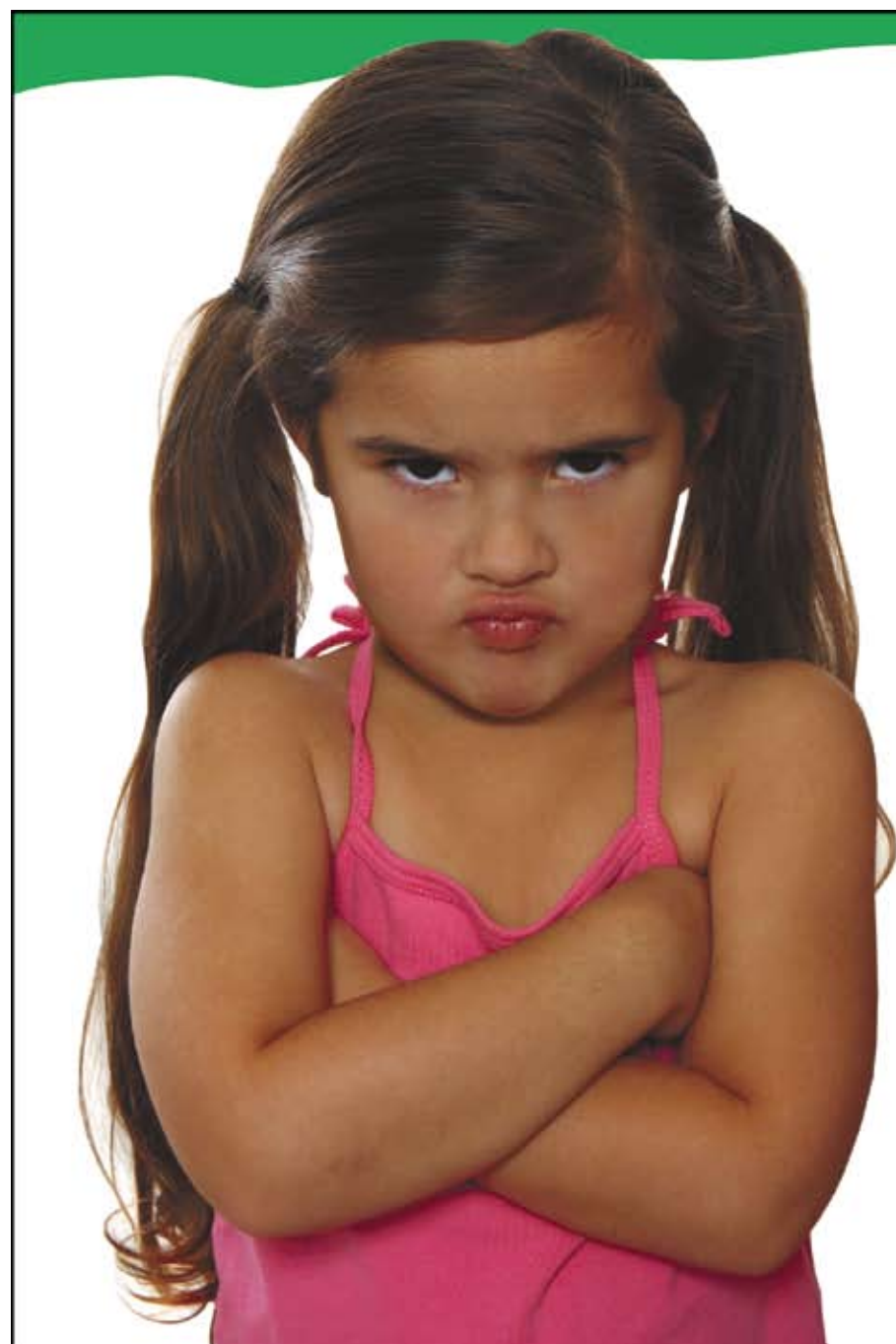
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Arden Playhouse is pleased to present the second production in its beautiful new theater...the first new theater in unincorporated Sacramento County in decades. The Romantic Imagination is another wild farce by local playwright Michael Messmer, and opened on May 14th. 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 she has her own expectations of him. When the manager has a young woman pretend to be Jack's girl friend (or is she pretending to be Larry's wife?) Jack gets another viewpoint on what women want. And then, when Larry's wife shows up and Larry persuades her to pretend to be the imaginary woman, Jack gets yet another and very different lesson. As confused and frustrated as Jack gets from all the different points of view, it somehow makes him a better writer. When another woman arrives, everyone wonders whether Jack is living in reality or in his imagination. The Romantic Imagination has its Arden Playhouse opening on May 14th and continues on

Friday and Saturday nights at 8pm until June 19th. Sunday matinees are May 23rd and 30th, June 6th and 13th at 2pm. Tickets are \$20 general admission. Tickets can be arranged by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150. Arden Playhouse is a community theater dedicated to continuing its tradition of presenting comedies in a casual setting.

For more information about *The Romantic Imagination*, or to find out about our group discounts, call the theater office at 332-2582, email [admin@ardenplayhouse.com](mailto:admin@ardenplayhouse.com), or check the website [ardenplayhouse.com](http://ardenplayhouse.com).



Larry (Gian Montesini) tries to return the sleepwalking Jack (Chris Lamb) back to bed as the angry Maureen (Angela Thompson, second from right) and Carly (Claire Langton) wonder why he ended up in their beds in *The Romantic Imagination*.

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