

# Carmichael Times



**Garrison Keillor  
Plans Return  
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Appearance**

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Every Mom  
A Happy  
Mother's Day**



**'Charley's Aunt'  
Classic Comedy  
Opens in May**

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

Volume 30 Issue 18

Serving Carmichael and Sacramento County since 1981

May 5, 2010

## Spring Storms Boost Water Delivery Projection to 40%

## SJ Unified Preserves K-3 Classes at 23

Sacramento - (May 4th) - Persistent spring storms will allow the Department of Water Resources (DWR) to increase its 2010 allocation of State Water Project deliveries to 40 percent. However, despite the heavy snowpack, California's water crisis remains. "

Although the snowpack has reached its highest May 1 levels since 2006, and allows us to raise our projected deliveries to communities, farms and businesses, we must not be lulled into a false sense of complacency" said DWR Director Mark Cowin. "The harsh reality is that we continue to have a severe problem with water in California. A 40 percent allocation will still leave many communities with water shortages this year. Recovering from three consecutive years of drought, and restrictions on Delta pumping, means we must continue to conserve water and work as hard as ever toward a comprehensive solution to our water crisis."

The SWP allocation had been raised to 30 percent of contractors' requests at the end of April. The initial 2010 allocation estimate, made back in December 2009, was 5 percent. That projection rose incrementally as snowpack accumulated during winter and early spring. The final snow survey of the year was conducted last week, and showed statewide Sierra snowpack water content was 143



Despite Heavy April Snowpack, California Water Crisis Remains

percent of normal for the date. Lake Oroville, the key Northern California storage reservoir for the SWP, has gained 490,000 acre feet since April 1, but still sits at 61 percent of capacity. Below average snowmelt run-off because

of three consecutive dry years has hampered the reservoirs ability to fill. Fishery agency restrictions on Delta pumping to protect delta smelt, salmon, and other fish species continue to limit amounts of water that can be delivered to SWP contractors

servicing the Bay Area, San Joaquin Valley, Central Coast and Southern California. DWR estimates that fishery restrictions have impacted State Water Project deliveries for 2010 by 560,000 acre feet.

DWR will continue to evaluate conditions and plans to announce a final 2010 allocation of SWP deliveries at the end of May.

In 2009, the SWP delivered 40 percent of the amount requested by the 29 public agencies with long-term contracts to buy SWP water. The SWP contractors deliver water to about 25 million Californians and 750,000 acres of irrigated farmland.

DWR, in partnership with the Association of California Water Agencies, will continue to run the Save Our Water program. The program, which was created by Gov. Schwarzenegger's 2009 drought declaration, aims to educate Californians about easy ways to conserve water indoors and outdoors. Visit the website at [www.saveourh2o.org](http://www.saveourh2o.org)

The Department of Water Resources operates and maintains the State Water Project, provides dam safety and flood control and inspection services, assists local water districts in water management and water conservation planning, and plans for future statewide water needs.

In close partnership with the San Juan Teachers Association, San Juan Unified School District officials announced April 30th that kindergarten through third grade class sizes will continue to be staffed at 23:1 for the 2010/11 school year. Facing unprecedented state funding cuts, the District was forced to considering staffing

the District was forced to considering staffing full-day kindergarten at select school sites. Kindergarten students enrolled in the full-day programs would attend class the entire school day instead of being broken into a morning session or afternoon session. Announcement of which schools will offer full-day kindergarten is expected shortly.

Keeping K-3 staffing at 23:1 also allows the District to begin offering full-day kindergarten at select school sites. Kindergarten students enrolled in the full-day programs would attend class the entire school day instead of being broken into a morning session or afternoon session. Announcement of which schools will offer full-day kindergarten is expected shortly.

groups and community members who have worked with us to find innovative solutions in the face of drastic state funding shortfalls."

Joint statements were also released today between the District the San Juan Teachers Association, the San Juan Professional Educators Coalition, the San Juan Supervisors Association, and Teamsters #150 supporting a change in health insurers offered to employees.

If approved by the Board of Education, the District will begin offering coverage from local insurer Western Health Advantage in place of its current PacificCare plan. Kaiser Permanente will continue to be an option for District employees. The transition will save the District \$4.2 million for the 2010/11 school year. That is the equivalent of three furlough days for all employees in the District.

An agreement approved this month with the California School Employees Association #127 reflects support for the change in healthcare insurers. That agreement also calls for the restoration of 13 elementary school campus monitors, 18 instructional assistants, 10 computer lab assistants, and 28 custodians.

Previous action by the Board of Education on changes to the District's transportation system allowed 22 transportation positions within the Teamsters #150 unit to be restored.

## Now The Feds Try to Control Your Vitamin Intake

From Alliance of  
Natural Health USA

The American public is becoming fed up with "sneak" provisions tacked onto largely unrelated bills that are likely to pass. A glaring recent example was tacking onto the Healthcare bill a complete change to student loans. Often the "sneak" provision is so buried that hardly anyone is aware of it.

The Wall Street Reform and Consumer Protection Act of 2009 (H.R. 4173), recently passed in the House of Representatives, includes language going far beyond finance inserted by Congressman Henry Waxman (D-CA). This language could be used for an end run around the Dietary Supplement Health and Education Act (DSHEA), the legislation that governs dietary supplement regulation by the FDA.

The Senate is expected to vote on its finance "reform" bill as early as this weekend. We need your help to ensure that it is not amended to include a similar provision going far beyond finance that could be used against supplements. Please take action now.

Congressman Waxman is well known as an opponent of the dietary supplement industry. This is somewhat ironic: his district includes Hollywood and presumably many of his closest supporters are health store shoppers and supplement users. Most of these people simply don't know what Waxman is doing in this area.

This powerful Congressman, chair of the House Energy and Commerce Committee (which includes health as a subcommittee), would appear

to want supplements regulated like drugs, a step that would effectively eliminate them. He is determined and has stated: "One enduring truth about Washington is that no issue is ever settled for good."

ANH-USA has been on alert to see how Waxman would use his committee chairmanship to strike at DSHEA. He is very clever and we knew a covert attack was a possibility. To take action against this attempt by Waxman go to <http://www.anh-usa.org>.

A direct attack on supplements would take the form of an amendment to DSHEA, since that legislation governs FDA regulation of supplements. In this case, Waxman has left DSHEA alone, and has instead inserted language in the Wall St. "reform" bill that gives the Federal Trade Commission (FTC) important new powers that could be used to circumvent key supplement protections in DSHEA.

To see how this would work, let's see how the FTC operates today. Its chief mission is to combat commercial fraud. It has full authority to pursue companies making fraudulent claims. But the FTC can't go beyond that, can't set other regulatory requirements, without advance approval of Congress. The FTC once had this regulatory "rule-making" authority. It lost it in the 1980's because Congress thought the Agency was abusing it.

At the present time, if the FTC moves against a dietary supplement company for false or misleading advertising, the FTC typically requires the company, as part of a consent decree agreed to by both parties, to back up its claims by undertaking at



Free Health Care? What will the Feds want to control next?

least two random controlled human trials. This is done on a case-by-case basis and is legal because the targeted company has agreed to it.

If the FTC had general rulemaking authority, which Waxman's language reinstates, the Agency would be expected to create a new legal requirement for all supplement

companies. Such companies would have to perform at least two of these human studies before making any claims for their products.

Why should we care whether supplement companies are required to perform two random controlled human trials for each product? Because such trials take a long time

and would be beyond the financial means of most supplement companies. Even if the companies could find the money, the FTC could require more and more costly versions of these studies, or more of these studies. At each stage, fewer supplements would be available, and those available would cost more and more, until they became as costly as drugs.

Supplements are not drugs. In most cases, drugs are non-natural and therefore patentable substances. Why patentable? Because no company will spend a billion dollars on studies and FDA approval trials without the monopoly provided by the patent. To insist that supplements be treated like drugs is really to sound the death knell for the supplement industry, something that drug companies would be delighted to see, because they know that supplements are their chief potential competition, are often more effective than drugs, are often less toxic, and are always much less expensive.

Supplements are already regulated by the FDA under DSHEA. If the Waxman provision is included in the final Wall St "reform" bill, the FTC will gain the power to override the limited protections for supplements that already exist under DSHEA. The FDA would still have to respect DSHEA, but the FTC would not be so constrained.

Five unelected FTC commissioners would issue binding regulations in a wide range of areas, including the regulation of dietary supplements. And companies that did not comply with the new FTC rules could effectively be put out of business.

According to renowned constitutional attorney Jonathan Emord, "The provision removing the ban on FTC rulemaking without Congressional preapproval contained in H.R. 4173 invites the very same irresponsible over-regulation of the commercial marketplace that led Congress to enact the ban in the 1980s. FTC has no shortage of power to regulate deceptive advertising; this bill gives it far more discretionary power than it needs, inviting greater abuse and mischief from an agency that suffers virtually no check on its discretion."

The bottom line is that FTC would be given power to regulate areas they don't understand, and their first order of business would likely be to regulate supplements, an area far outside their area of expertise.

The Senate Wall St "reform" bill, the Restoring American Financial Stability Act of 2010 (S. 3217), doesn't contain the Waxman provision yet. But we know that Senator Rockefeller (D-WV) may offer an amendment including Waxman's language. Please help us stop this. Please take action now to help us maintain access to low cost, high quality supplements. Tell your senators not to support any amendments that give FTC unchecked power to over-regulate areas they don't understand, including dietary supplements.

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## Celebrate Mother's Day with the River Cats

West Sacramento – On Sunday, May 9 the Sacramento River Cats will celebrate Mother's Day as they face the Colorado Springs Sky Sox (Triple-A Affiliate of the Colorado Rockies) at 1:05 p.m. Fans may purchase a special value package which includes four (4) great tickets to the May 9 game and a voucher for a 30-minute massage at any participating Massage Envy location for mom, all for \$99!

Mother's Day option for our fans," said Darrin Gross, Senior Vice President of Business Development. "Fans can spend the day out at the ballpark with their mother's and give her a special treat to enjoy later!" Mother's Day Value Package (\$99) includes: Four (4) Founders Club tickets for the May 9 game - River Cats vs. Colorado Springs Sky Sox, One (1) voucher for 30-minute massage at Massage Envy. Mother's Day Value Packages are

on sale now at [www.rivercats.com](http://www.rivercats.com) or at the Raley Field Ticket Office. 2010 River Cats Season Tickets, Mini-Plans and group outings can be purchased by calling the River Cats Ticket Hotline at (916) 371-HITS (4487).

For more information about the 2010 River Cats season, visit [www.rivercats.com](http://www.rivercats.com). For information on other events at Raley Field, visit [www.raleysfield.com](http://www.raleysfield.com).

## Mother's Day Free Self Defense Clinic

What does Mom always tell you? Eat your vegetables and exercise. Help Sacramento area Mom's feed their families this May! Join Robinson's Family Food Drive by donating four cans of vegetables to any of the 18 area locations. The food will help local families struggling to make ends meet. Donations go directly to Sacramento area hunger programs. Moms can come learn basic self-defense at our free one-hour clinic celebrating Mother's Day this May

22nd. Robinson's instructors and special guest Lynn Richard-Brown of Crime Consultants Inc. will help women learn basic escapes, discuss criminal assaults, locales and share empowering strategies to avoid conflict and attacks. In many assaults, criminals take advantage of unaware victims and have no real plan. These are crimes of opportunity and knowing how to avoid danger is often the best defense. Learning some basic escape techniques and self-defense

may be your only weapons when there is no choice for survival.

Free for Moms but reservations are required. Call 916-481-6815.

Mother's Free Clinic Saturday May 22, 2010, 1-2 p.m.

With eighteen area locations, Robinson's is the first family name in Sacramento martial arts, so visit [www.robinsonstk.com](http://www.robinsonstk.com) to find a location near you. Drop off your canned food donation any time in May.

## Carmichael Rotary Club to Hold Annual Golf Tournament for Easter Seals

Carmichael - For the last 30 years, the Carmichael Rotary Club has hosted its annual golf tournament at Ancil Hoffman Golf Course to benefit Easter Seals, an organization committed to providing rehabilitation services for people with disabilities. As of 2009 the Carmichael Rotary Club has generated over \$710,000 in local donations to support Easter Seals and now is closing in on the impressive \$1,000,000. For three decades, a group of dedicated men and women from the Carmichael Rotary Club have put

their heads together and organized one of the Sacramento Region's most successful fundraisers. Every dollar generated – after expenses for the course and food – goes 100% to Easter Seals. The Rotarians do not keep a dime. Rotary's motto is "Service Above Self" and this annual event is one of the ways the men and women of Carmichael Rotary Club put words to action by helping Easter Seals realize their mission of helping children, men, women and seniors with disabilities live their lives to the fullest.

We invite all interested golfers, sponsors and media to join us on Friday June 11, 2010 for a day of great fun on the golf course, followed by a full course catered meal and a huge raffle. The Shot-gun tournament starts at 12:00 PM at Ancil Hoffman Golf Course in Carmichael, CA.

Foursomes cost a total of \$600 and individuals are \$150 each. Sponsor levels are available from \$150 and up

For additional information contact Jay Sedlak – at 916-486-3590 or by email at [jaysedlak@pacbell.net](mailto:jaysedlak@pacbell.net).

## Ancient Techniques to De-stress in a Modern World

Instructors Mary Lynn Perry and Bill Taylor will lead this FREE workshop Tuesday, June 8th at 9am on stress and the negative effects it has on the mind and body.

This workshop will offer a sampling of different modalities such as reflexology massage, chair yoga, meditation and Reiki. Come learn how you can decrease stress in your life.

Please sign-up at the reception desk. Free.

Hart Senior Center  
915 27th Street, Sacramento  
916-808-5462

## Summer Jobs & Sponsorships Available in Old Sacramento

Applications Now Accepted for Paid and Volunteer Positions Starting in June

Old Sacramento - With exciting plans to make Old Sacramento really come alive this summer with a new "Street Theatre" program plus highly anticipated tours of the underground, the Historic Old Sacramento Foundation (HOSF) is now accepting employment applications and requests for sponsorship. In fact, the Historic Old Sacramento Foundation is looking to fill between 15 to 20 paid tour guide positions to staff the coveted "Old Sacramento Underground" tours which are slated to begin July 10 and continue through October 31. The underground tour program will take visitors into the city's underground and hollow sidewalk areas created when the streets were raised in the 1860s and 1870s due to devastating floods.

In addition, applications are now being accepted to fill between 20 to 30 volunteer positions for individuals interested in working as docents for underground tours and the fun and lively "Street Theatre" activities that begin in June 19 and continue through August. The new "Street Theatre" activities will include historic re-

enactors, 19th century craftsmen and other unique performers who fill the streets and entertain visitors to Old Sacramento. A sampling of "Street Theatre" activities will include the following: historic sports, gambling, re-enactments of the Pony Express, military encampments, parades, historic events and other live performances.

All available positions for the underground tours are part-time and include evening and weekend shifts. Applicants with public speaking or theatrical experience, a background in history or prior tour guide experience are strongly encouraged to apply. Interested applicants can review job requirements and/or download an online application at [www.historicoldsac.org](http://www.historicoldsac.org). The deadline to submit applications is Friday, May 14. No phone calls please.

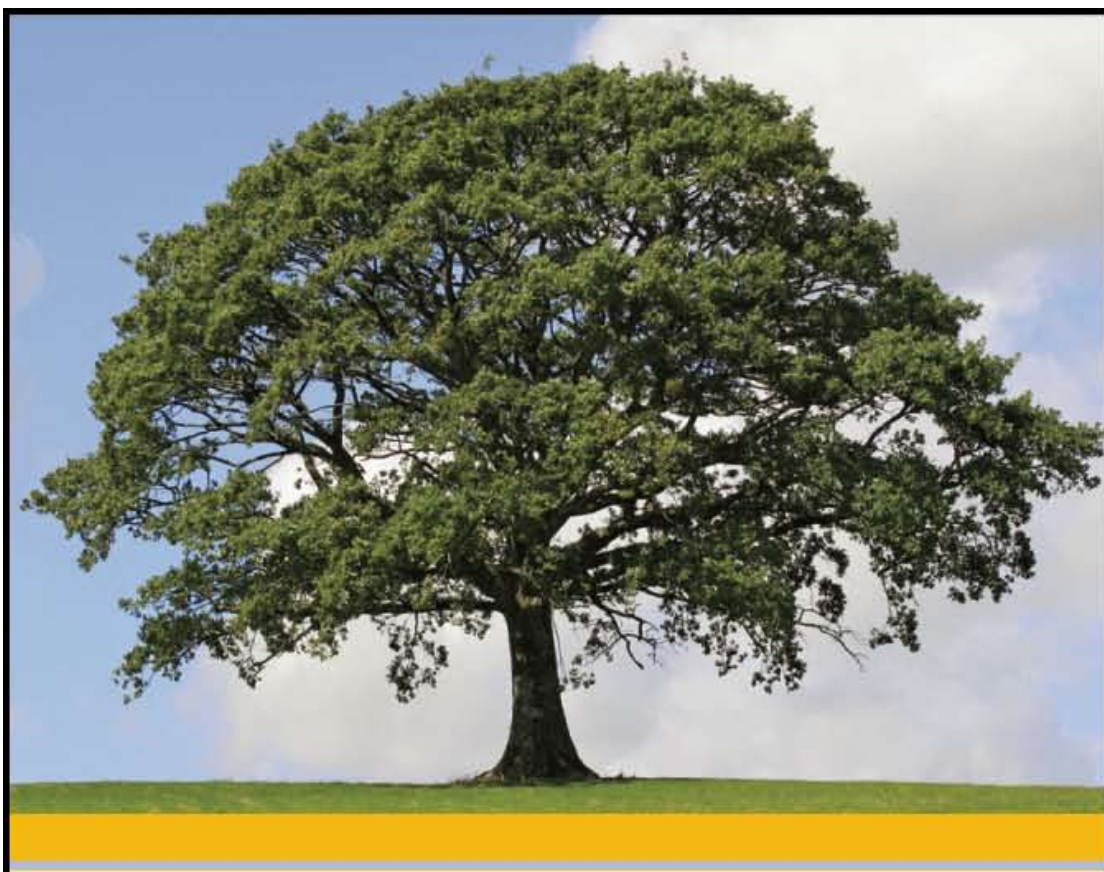
In addition, a wide range of sponsorship opportunities are available for community and corporate partners interested in underwriting costs and/or providing needed services in exchange for on-site recognition, promotional

consideration, event tickets and other benefits for both the "Old Sacramento Underground" and "Street Theatre" activities. To obtain more information about sponsorship opportunities and benefits, interested businesses and community partners are encouraged to call 916-808-7108.

The new "Street Theatre" program and "Old Sacramento Underground" tours are offered by the Historic Old Sacramento Foundation in partnership with the City of Sacramento, California State Parks, Old Sacramento Business Association and participating merchants and businesses.

About the Historic Old Sacramento Foundation

The Historic Old Sacramento Foundation (HOSF) is a 501(c)3 public benefit corporation. Old Sacramento is a living historic district. The mission of HOSF is to convey the importance of historic Sacramento as a place that connects our past to our present and future through engaging and entertaining events, activities and programs. More information is available at [www.historicoldsac.org](http://www.historicoldsac.org)



## Time To Enjoy The Life You Deserve

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

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

Independent & Assisted Living as well as Memory Care.

 Carmichael Senior Living Oaks

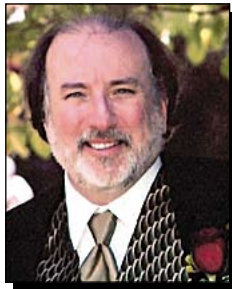
916-944-2323 office  
[www.carmichaeloaks.com](http://www.carmichaeloaks.com)



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## Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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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.

# Happy Mother's Day!

**ABLA Jewelers**  
From The Staff  
5801 Marconi Avenue, Carmichael  
488-2252  
3005 Arden Way, Sacramento  
483-2252 Fax 481-2252

**Carmichael Flowers**  
From Ila, Owner  
Holiday Magic for Mother  
6100 Fair Oaks Blvd., Carmichael  
916-483-8511

**Carmichael Oaks Senior Living**  
Denise Brandt, Denise Evans,  
Marketing Directors & Staff  
8350 Fair Oaks Blvd., Carmichael  
944-2323 Fax 944-2325

**Carmichael Recreation  
& Park District**  
From The Staff  
5750 Grant Avenue, Carmichael  
485-5322

**Carmichael Water District**  
Steve Nugent, General Manager  
& Staff  
7837 Fair Oaks Blvd., Carmichael  
483-2452 Fax 483-5509

**Coffman's Furniture Gallery**  
From Dave, Lisa Owners & Staff  
6443 Fair Oaks Blvd., Carmichael  
482-9663 Fax 482-4276

**Crestview Lanes**  
The Staff  
4450 Manzanita Ave., Carmichael  
Adult & Junior League  
Summer League Early June

**Eskaton Village**  
Linda & Lucy, Evonne & Staff  
3939 Walnut Ave., Carmichael  
974-2000

**Hoshall's Salon & Spa**  
From The Team at Hoshall's  
7330 Fair Oaks Blvd., Carmichael  
485-4941  
www.hoshalls.com

**Lawnman Landscape**  
A Special Mother's Day  
to Jan Lanau  
A Nurturing Full Service  
Landscaping Company  
739-1420  
Fax 739-1430

**Little Bo'tique**  
**Upscale Children's Resale**  
Alexander Leitaker &  
Felicia Wheeler  
4201 Manzanita Ave., Carmichael  
485-2229

**Marie Callender's**  
Cindy Garcia, Manager & Staff  
3129 Arden Way, Sacramento  
(Between Watt & Morse)  
481-0778  
Mother's Day Brunch 9am-3pm

**Victory Plumbing**  
Sewer - Drain  
Full Service - Free Estimate  
From Jason Kepke, Owner  
916-482-4190  
530-367-2242



**Carmichael Recreation  
and Park District**  
is announcing the following event:

**Spring Concert with  
"Custom Neon"**  
Saturday, May 15,  
7 to 9 p.m.  
**Danny Bishop Memorial  
Pavilion for the  
Performing Arts (aka  
Carmichael Park Band  
Shell) at rear of park**  
**5750 Grant Ave,  
Carmichael**  
**Free admission and  
parking and open  
to all ages!**



They rocked Founders 90's – is ready to once  
Day and are now back again showcase their  
by popular demand! talent for the Carmichael  
Custom Neon – the local Community. Let's get ready  
Sacramento band that for our Summer Concert  
covers classic rock from Series with this band who  
the 60's through the can heat up any cool night!

**'Touch of Health'  
Weekly Vitality Workshop**



**ChiropracticUSA™**

"Creating radiant health  
in our community since 1985"

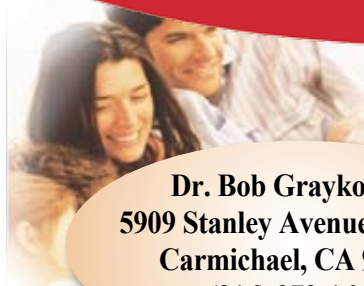
Classes begin at 6:00 pm Tuesdays  
Open to Public at No Charge

May 11th Toxic Foods: The Truth  
in What You Eat  
May 18th Essential Steps to a  
Vital Nervous System

**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



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

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

You're  
Invited!

**Wine & Food Tasting, Booths,  
Music, Art, Cars, Door Prizes,  
Raffles, Silent Auction**

Hosted by **Kiwanis Club of Carmichael**

The 8th Annual  
**'Taste'**  
of Carmichael

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)

## Great Rebates from SMUD

**Sears**  
Life Well Spent.  
Get a \$25 SEARS gift card by mail  
with your SMUD rebate on  
qualified products.  
\*Limit one rebate request.

When it's time to replace your appliances, purchase ENERGY STAR® products. You'll use less energy and water, and save money for years to come.

Save even more with rebates from SMUD.

- Clothes Washers - \$35 - \$125 rebate
- Dishwashers - \$30 - \$50 rebate
- Room Air Conditioners - \$50 rebate

Saving energy today keeps bills low, maintains reliable electric service, and helps build a cleaner, healthier environment for tomorrow.

For SMUD rebate  
information, visit  
[savewithsmud.org](http://savewithsmud.org)



**SMUD**  
SACRAMENTO MUNICIPAL UTILITY DISTRICT  
The Power To Do More.®

# Garrison Keillor Plans Rare Sacramento Appearance



Garrison Keillor: author, storyteller and humorist

Fahn & Company proudly presents "An Evening With Garrison Keillor" on Thursday, September 23rd at the Sacramento Community Center Theater. Reserved seats for this intimate engagement are on sale now.

This beloved author, storyteller and humorist has written for The New Yorker, penned a screenplay, written countless newspaper columns and has more than a dozen books to his credit. But Keillor may be best known for his enormously popular and award winning radio show, now in its 36th season, "A Prairie Home Companion", heard every week by millions of fans worldwide.

Don't miss the chance to see Garrison Keillor at the Sacramento Community Center Theater, Thursday, September 23, 2010 at 8:00 PM. All seats are reserved and are on sale now at the Sacramento Convention Center Box Office, 1301 L Street, online at [www.tickets.com](http://www.tickets.com) or charge by phone at (916) 808-5181 or (800) 225-2277.

**Free Travel Show**  
10am • Wednesday, May 19

## 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
- **Masterpieces (Musee d' Orsay)**  
De Young Museum/Birth of Impressionism -  
Legion of Honor/Impressionist Paris  
July 13, 2010 • San Francisco • \$98/person

**FREE INDOOR CONCERT**  
7PM, Wednesday, May 12  
Music by  
American River Orchestra  
*All ages welcome...  
Come as you are.*

**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*

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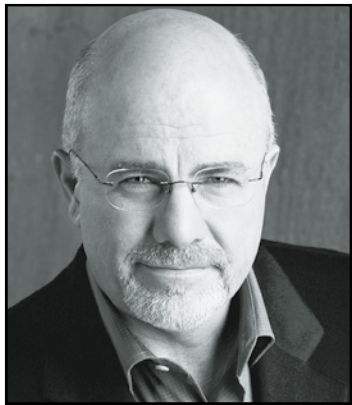
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# Dave Says



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others. Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide.

### She's in Trouble Again!

Dear Dave,  
My mom filed bankruptcy about five years ago, and I thought that taught her a lesson. She's on disability now, and makes only \$600 a month. On top of all this, she's piled up about \$30,000 in credit card debt

again. She's even paid her utility bills and bought groceries with credit cards. I don't know what to do.  
- Barbara

Dear Barbara,

She can't file bankruptcy again, because it's still too close to the date of her first filing. It sounds to me like she's going to have to face up to what she's done, and make some serious behavior changes. The kind of stuff she's doing is not only addictive, it's self-destructive. She's trading a moment of pleasure for years of pain while that credit card bill grows into a monster!

Personal finance isn't rocket science. It's 80 percent behavior, and 20 percent math. Plus, there are plenty of agencies out there that help disabled people find jobs, and help them remain active and productive in the workplace. When it comes to work, disabled doesn't always mean unable. It's amazing what people with disabilities can do, but the hard truth is that she's still going to have to find a way to get her income up and cut her outgoing money way down.

Sit down with her, and try to explain what's happening and what she's facing in a kind and loving way. Walk her through the process of making a monthly budget, too. You may run into some resistance, because parents often have a hard time accepting help from their kids. I call this "powdered butt syndrome." Once someone has powdered your behind, they don't

always want to listen to your advice!

She can turn this thing around, Barbara. But it's going to take some persistence on your part to help make it happen.

- Dave

### Leasing Car a Bad Idea!

Dear Dave,

I leased a car about two years ago, and I'm just now beginning to realize that it was big mistake. I'm throwing away tons of money. Is there any way to get out of a car lease?

- Randy

Dear Randy,

Now you see why I call it "fleecing," don't you? Never do a lease! It's the most expensive way to operate a vehicle.

Call the company and ask for the early buy-out or pay-off amount. Then, compare that figure with the value of the car. If the car is worth \$19,000, and the early buy-out is \$21,000, you'll have to scrape together \$2,000 to make up the difference.

If you don't have that kind of cash sitting around, go to your local credit union or bank and get a small loan of \$3,000 to \$3,500. This will get you out of the "fleece," and give you some cash left over to buy a little beater to drive for a while.

Get this done, and pay the loan back as quickly as possible. Then, you can start saving up to pay cash for a really good, used car later!

- Dave

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

## RT Board Approves Service Changes for June 2010

### No Bus, Light Rail and Paratransit Trips Beginning After 9 p.m.

In response to an estimated \$25 million budget shortfall for Fiscal Year 2011, the Sacramento Regional Transit District (RT) Board of Directors approved service changes at a special meeting on Monday, March 29, 2010. Major service reductions affecting bus, light rail and paratransit service will be implemented on Sunday, June 20, 2010.

The approved service changes, expected to produce an estimated net savings of \$11.6 million in Fiscal Year 2011, will eliminate 28 weekday

routes, 13 Saturday routes and four Sunday routes – affecting 41 of the 91 bus routes that RT currently operates. Service frequency on six weekday routes, three Saturday routes and four Sunday routes will be reduced.

During the last few years, RT has implemented a number of cost-cutting measures – including service reductions in September 2009, fare increases in January 2009 and September 2009, a hiring freeze, freezing employee pay and employee furloughs. Approximately

200 layoffs are scheduled for April through September 2010.

Service reductions, combined with approximately \$11.8 million in State Transit Assistance funds expected to be restored to RT and revenue generated by the future expansion of the Park-Pay-and-Ride (parking fee) program, will resolve the \$25 million budget shortfall for Fiscal Year 2011.

For route, schedule and fare information, call 916-321-BUSS (2877) or visit [www.sacrt.com](http://www.sacrt.com).

## Getting-into-college Programs Scheduled at Carmichael Library

Two free programs for college-bound students are slated at Carmichael Library, 5605 Marconi Avenue, Carmichael.

Registration is required for each of these workshops by calling (916) 264-2920 or registering online at [saclibrary.org](http://saclibrary.org).

The programs are sponsored by Sacramento Public Library Foundation and the Schwab-Rosenhouse Foundation.

May 14, Friday, 3:30 p.m.:

### Finding Your Best College Match

How do you know what colleges are best for each student applicants? Learn what schools are out there and what qualifications are needed to be admitted. With over 3,000 four-year colleges in the United States, there will definitely be some good fits for college-bound students. The program will be presented by college admissions advisor Margie Amott.

May 25, Tuesday, 6:30 p.m.:

### Making the Transition from High School to College

College-bound students can learn how to make that leap from high school to college. College admissions advisor Joan Adams will address concerns for first-year students, including adjusting to dorm life, making decisions, or dealing with difficult situations at college.

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### Genealogical Association of Sacramento Inc.

The Genealogical Association of Sacramento will meet May 19 2010 at the Colonial Heights Library on Stockton Blvd. at 21st Ave., Sacramento, due to the remodeling at Bele Coolidge Library. We will meet there at Colonial Heights as well in June. Our Speaker for May is Susan Jackman speaking on using tax records in research. She teaches family history through the Folsom-Cordova Adult Education, and conducts seminars through

the Family History Center (where she is a member of the board of Directors). She is also a professional researcher, specializing in Pennsylvania German Research. Please invite, or bring any interested person to our monthly meetings. Visitors are always welcome at the meetings. We're having a "sharing" time at the beginning of our meetings which seems beneficial. We'll hope to see you there on May 19th.

### Monthly Military Retiree/Spouses Meeting

Our next monthly military retiree/spouse meeting is scheduled for 11 May 2010. Meeting place is the North Highlands Park and Recreation District in North Highlands. Address is 6040 Watt Ave. Our Speaker will be Dean Moline, Director of the Sacramento Valley Cemetery in Dixon, CA. It's the place we are all dying to get into. So come on out and enjoy a cup of coffee and listen to what Dean has to say on how to qualify for burial at that location. Questions can be directed to our volunteers at 561-7476, Mon-Thurs, 0900 to 1500 hrs.

### Mission Oaks Computer Club Meeting

The Mission Oaks Computer Club will meet on Thursday, May 13, 2010 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The meeting topic will be "Use Your Library at Home", presented by Sacramento Public Library's Ann Owens. A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome.

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

### Carmichael Cactus and Succulent Society

#### 34TH ANNUAL SHOW AND SALE

Saturday May 15, 9am - 4pm

Sunday May 16, 10am - 2:30pm

Carmichael Park Clubhouse  
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Cost: Free!

The Public is Invited!

Ph: 916-729-3475

There will be displays of plants as well as plant and pottery sales. Free plants for the first 100 visitors on both days, one per family.



## Mira Loma Teacher Named Environmental Science Teacher of the Year

Congratulations to Cindy Suchanek for being named the Environmental Science Instructor of the Year. Cindy was awarded a trip to the National Science Teachers

Association annual meeting in Philadelphia in March, where 12,000 teachers were in attendance as well as a cash award. It was an amazing conference and the award is very deserving. Mira Loma High School

is thrilled to see Environmental Science and outstanding teacher leadership being recognized for the important place it fills in today's society and in our science classrooms. Source: Mira Loma High School

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FICTITIOUS BUSINESS NAME STATEMENT #1003394. Robert Wright, 6549 Saint Edgewood Ct., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Life Behind Bars" at 6549 Saint Edgewood Ct., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on April 9, 2010. Publish: April 14, 21, 28, May 5, 2010. LIFEBE 00402 5-5-10

FICTITIOUS BUSINESS NAME STATEMENT #1003107. Sasken Inc., 1700 Alma Dr. #350, Plano, TX 75075 is doing business under the Fictitious Business Name "Ingenient Technologies; Ingenient" at 1700 Alma Dr. #350, Plano, TX 75075. Filed with the Clerk of Sacramento County on April 1, 2010. Publish: April 14, 21, 28, May 5, 2010. CORP20 00402 5-5-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00074491

WHEREAS, Hector and Maria Sanchez have filed a petition with this court for a decree changing name of Emmanuel Sanchez to Emmanuel Sanchez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 17, 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: April 5, 2010. Loren E. McMaster Judge of the Superior Court Publish: April 14, 21, 28, May 5, 2010. SPITZE 00402 5-5-10

FICTITIOUS BUSINESS NAME STATEMENT #1003403. Paul M. Garcia, 6945 Chevy Chase Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name "Alacran Heating & Air Conditioning" at 6945 Chevy Chase Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on April 9, 2010. Publish: April 21, 28, May 5, 12, 2010. ALACRA 00403 5-12-10

FICTITIOUS BUSINESS NAME STATEMENT #1002860. Joan S. Swanson and Jerry L. Swanson, both of 6616 Stanley Ave., Carmichael, CA 95608 are doing business under the Fictitious Business Name "Creative Piano Workshops" at 6616 Stanley Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 24, 2010. Publish: April 21, 28, May 5, 12, 2010. CREATI 00403 5-12-10

FICTITIOUS BUSINESS NAME STATEMENT #1003528. Alexey Pankov, 4100 Coloma Rd. #64, Rancho Cordova, CA 95672 is doing business under the Fictitious Business Name "East West Invest FX" at 4100 Sacramento Inn Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on April 14, 2010. Publish: April 21, 28, May 5, 12, 2010. EASTWE 00403 5-12-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00074805

WHEREAS, Shannon Renee Poor has filed a petition with this court for a decree changing name of Shannon Renee Poor to Stella Renee Pierson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 21, 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: April 8, 2010. Loren E. McMaster Judge of the Superior Court Publish: April 21, 28, May 5, 12, 2010. PIERSO 00403 5-12-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00075015

WHEREAS, Sarah Otero has filed a petition with this court for a decree changing name of Monique Deja Alazai Otero to Monique Deja Alazai Otero Buckley. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on May 21, 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 9, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: April 21, 28, May 5, 12, 2010. OTERO 00403 5-12-10

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 15, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: April 28, May 5, 12, 19, 2010. ALLBEE 00404 5-19-10

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #0909672

The following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of Ambela Inc., located at 4924 Olive Oaks Way, Carmichael, CA 95608. Ambela Inc, 4924 Olive Oaks Way, Carmichael, CA 95608. The business was conducted by: a corporation. The Fictitious Business Name Statement was filed on Oct. 23, 2009 in the County of Sacramento. Filed with the Clerk of Sacramento County on April 9, 2010. Publish: May 5, 12, 19, 26, 2010. AMBELA 00501 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 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

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**35 YRS. EXPERIENCE**

- Doors
- Re-wire Screens
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- Screen Doors
- Moldings
- Home Repairs
- Locks
- Roofing
- Hardware
- Painting

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**Greg the Pool Guy**

Service • Repair • Sales  
 Prompt and Reliable  
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**HEATING AND AIR**

**Christopher's Heating & Air**  
 Commercial/Residential

*We Service All Brands*

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**"Handy Man" "Carpenter Dave"**

25 Years Experience • All Home Repairs

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- Painting
- Doors/Floors
- Windows
- Decks/Tile/Patios
- Bathroom
- Roof Repairs
- Sheet Rock Texture

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**Senior In-home Care Specialists**

- Complete personal care
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- Transportation
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**15% Off - New Year Special - thru March 2010**

• Panel Upgrades • Voice • Data • New Construction • Remodel • Repair

**"Big or Small, We Do it ALL"**

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- 35 Years Experience
- Senior Discounts • Quality Work

**PET CARE**

**Under New Management**

**King's Court Pet Resort**  
 6740 Duncan Lane, Carmichael

Buy 1 Night - Get 1 Night Free  
 Space Available Through 6/30/10

**916-993-6987**



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- Free Estimates
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- Interior & Exterior
- Residential Specialist

Lic #751513  
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**Advertise Your Business Here at Low Monthly Rates • Call 773-1111**

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 FUNERALS & CREMATIONS

FD 1404

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**OPEN YOUR HEART AND HOME**

Step up to the challenge!  
 Have experience working with developmentally disabled adults and/or challenging behaviors?  
 Have an extra bedroom?

**Competitive stipend**

**MAKE A DIFFERENCE!**  
 For More Information:  
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SPECIALIZING IN BRIDAL & FORMAL  
 11082 Coloma Rd., Suite 7  
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**Dianda's Italian Bakery & Cafe**

(916) 966-3757

RUM CAKE • ST. HONORE • CANNOLI COOKIES • PASTRIES • ALMOND TORTE

Located in Fair Oaks Village  
 10131 Fair Oaks Blvd. | Fair Oaks, CA 95628



**Adult / Elder Care**

**Newly constructed, modern Care Facilities** in Fair Oaks Private/Semi room. 1/2 off first month. No assessment fee. 24/7 on site care staff. Call 916-871-4267/947-8618. Will work with placement company. (MPG)

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**Experienced caregiver for elderly.** 24-hour care; healthy nutritious meals; reasonable rates. In Fair Oaks - room in comfortable home. Call 916-536-0701 (MPG)

**Apartments for Rent**

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**1 BEDROOM SPECIAL** CH&A, Pool, Patio, Laundry 4735 College Oak, Sacramento 916-222-3306 (MPG)

**ATTENTION!**

**Health and Wellness Success Coaches Needed.** Able to work from Home. Will train. 888-279-7875, call 24hrs (MPG)

**ATTN: Internet health and wellness company expanding.** Seeking top sales Pro's. Will train right person. CALL 888-279-7875 24hrs. (MPG)

**Auto Donation**

**DONATE YOUR CAR:** Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615. (Cal-SCAN)

**DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons.** Your Choice. Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing, IRS Tax Deduction. Non-Runners. 1-866-912-GIVE. (Cal-SCAN)

**Business Opportunities**

**ALL CASH VENDING!** Be Your Own Boss! Your Own Local Vending Route. Includes 25 Machines and Candy for \$9,995. MultiVend LLC, 1-888-625-2405. (Cal-SCAN)

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**Are you tired of...** Other people making it big while you work more and more just to stay caught up with your bills? Spiraling costs and debts? Your business owning you rather than you owning it? Never having the freedom to enjoy the fruits of your labor? Improve life's journey with an unequalled business opportunity, and product that improves everybody's health. For information how to become a part of one of the fastest growing company call 916-205-8116. (Serious enquires only) (MPG)

**Business Services**

**CLASSIFIED ADVERTISING** ADVERTISING in 240 Cal-SCAN newspapers for the best reach, coverage, and price. 25-words \$550. Reach over 6 million Californians! FREE email brochure. Call (916) 288-6019. www.Cal-SCAN.com (Cal-SCAN)

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**Computers**

**Computer Care** Complete PC Care and Maintenance. Installs, upgrades, virus removal, wireless. Affordable prices - Same-Day Service. Call Todd 916-529-5954 (MPG)

**Construction**

**Affordable Local Repairs** - All Construction Phases. Lic#655184. Ph 869-0164. Ask for John. (MPG)

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**Repair, remodel** from simple to impossible, all textures. Residential, small commercial. A real pro. 40+ years experience. All work guaranteed 3 years. Affordable prices. Lic # 305736. 916-726-1144 (MPG)

**Elder Care**

**PROVIDING PERSONAL CARE** w/ love and dignity. Rooms available Call 916-721-4721 (MPG)

**Electrical Services**

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**Fencing Prime Time Fencing.** Quality Redwood. Double & Single Gates. Repair & New. License # 835870. (916) 481-7315 (MPG)

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**CASH NOW!** Get cash for your structured settlement or annuity payments. High payouts. Call J.G. Wentworth, 1-866-SETTLEMENT (1-866-738-8536). Rated A+ by the Better Business Bureau. (Cal-SCAN)

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**Reverse Mortgages** if you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (MPG)

**For Rent / Lease**

**COMMERCIAL Office/Warehouse space.** 1,000 up to 3,000 sq. ft. available @ .55¢ (month to month) or negotiable lease. Excellent 1-80 access near ARC (Auburn Blvd/ College Oak). Call Lisa West @ (916) 331-0840. (MPG)

**\$490 per month** Charming Cottage in Gold River. Looking for quiet woman to rent bedroom. No share. In my small charming cottage nestled amid rose garden. Washer/Dryer. No pets or smoking. Near transportation. 25 mins from ARC and Sac State. 916-631-8784. (MPG)

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**Smith's:** Full Maintenance, Sprinkler, Pruning, Aeration, Gutter Cleaning, Hauling. 967-7543 or see www.SmithsLandscape.com (MPG)

**Groomer**

**Pinkiepop, in home grooming service.** 18 yrs. exp. \$5.00 discount, 1st visit. References. Call Victoria (916) 256-0487. (MPG)

**Guitar Lessons**

**Guitar, 1st 2 Lessons Free.** Classic, Flamenco, Standard. All ages & levels. 682-7082. (MPGM)

**Hair Braiding**

**Specializing Bi-cultural Dry Hair Problems.** Con Rows \$25 & up. Flat Iron \$35-\$65. Relaxer/Curls \$65. Sewing Weave \$135 & up. Single Braids \$125 & up. Two String Twist \$125 & up. Available 24 hr by appointment. 5320 Auburn Blvd. 996-8817. / 4751 Freeport Blvd. 1-800-722-8944. (MPGM)

**Handyman**

**Handyman, JR** Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825 (MPG)

**Household Helper.** You Name It! Hauling, Gutters, Tree Trim, Spot Carpet Clean 613-8359 (MPG)

**Handy Guys** Small Jobs, Senior Discounts Gutter Cleaning - Deck's Woodwork 916-519-5135 Free Estimates (MPG)

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**LOW COST WEIGHT LOSS** With Your Personal Coach. Start Free Call 916-599-1318 (MPG)

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**THE WEIGHT IS OVER** Lose up to a pound a day. Fast growing Company. Recession proof product. 916-474-4079 www.eat-choc-losewt.com (MPG)

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**FDA APPROVED MEDICAL** Medical Vacuum Pumps. Viagra, Testosterone, Cialis. Free Brochures. (619) 294-7777. www.drjoelkaplan.com (Cal-SCAN)

**Heating & Air**

**AC Repair** Low Prices 487-4609 (MPG)

**Help Wanted**

**TRUCK DRIVERS:** CDL training, Part-time driving job. Full-time benefits. Get paid to train in the California Army National Guard. Up to \$20,000 bonus. www.NationalGuard.com/Truck or 1-800-GO-GUARD. (Cal-SCAN)

**Adult Residential Facility is in Need of Live-In Caregiver** with experience in an ARF facility, good DMV record, and hardworking. Please call Orlando or Hermie at 916-487-4482. (MPG)

**ATTN: COMPUTER WORK.** Work from anywhere 24/7. Up to \$1,500 Part Time to \$7,500/mo. Full Time. Training provided. www.KTPGlobal.com or call 1-800-330-8446. (Cal-SCAN)

**EMERGENCY MEDICAL TECH** Must be H.S. grad ages 17-34. No experience needed. Paid training, benefits, vacation, regular raises. Call Mon-Fri. 1-800-345-6289. (Cal-SCAN)

**FIREFIGHTERS WANTED.** Paid training, good salary, \$ for school, regular raises, benefits, retirement. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289

**HELP WANTED!!** Sales Associates needed for nationwide company. Make up to \$4500/mo. Visit to BUY/SELL: http://tinyurl.com/yjzmsf or email: westcoastemergency@swan.com (SWAN)

**In-Home Caregivers** Wanted Room and Board. Needed in your home for 35 year old man with early dementia, \$900/month. Some housekeeping needed. 916-989-9135. (MPG)

**Caring Compassionate Seniors WANTED!** SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372-9640 (MPG)

**AREA MANAGER** Full/Part Time Great Pay! Place and collect donation canisters for a non-profit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frchchildren.org (MPG)

**WANTED-AVON Party Hostess** Earn 50% Total Party Sales 50% off/Hostess order/Hostess privilege catalog Hostess and Guest Gifts Call Elizabeth 916-295-0185 (MPG)

**Pathologist** Perform general anatomic & clinical inpatient/outpatient pathology services. Travel to other unanticipated sites may be required. Kolbeck, Bauer & Stanton Medical Corporation, 3637 Mission Ave., Ste. 5, Carmichael, CA 95608. (MPG)

**Urgent F/PT Sale Reps** needed Latest telecommunications products. \$\$\$ Commission, Bonuses, Residuals Training available call 916612-6621 (MPG)

**Health Care Marketing.** We are successful business entrepreneurs looking for people passionate about health & business. Go to www.myprolandmbusiness.com and watch a video News clip. Leave your name and email address to learn more, we will get back to you. (MPG)

**SALES,** Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/PT, Residual Income, Commission, Fax Resume 916.910.2002 (MPG)

**We are seeking dynamic customer service oriented individuals** with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danelperez1980@yahoo.com if interested (MPG)

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

**Wanted: 29 Serious People to Work From Home** using a computer. Up to \$1,500-\$5,000/PT/ FT www.REBvision.com (MPG)

**TIRED OF BEING BROKE?** Get paid daily. No experience required. Local training. 888-211-4268 www.happyandhealthyfamily.com (MPG)

**STRESSED OUT?** Work from home & get paid daily! www.happyandhealthyfamily.com 888-211-4268 (MPG)

**Matheson Trucking, Inc.** is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

**Help Wanted - Drivers**

**SLT NEEDS CLASS A TEAM DRIVERS** with Hazmat. \$2,000 Bonus. Split \$0.68 for all miles. Regional contractor positions available. 1-800-835-9471. (Cal-SCAN)

**DRIVER - COMPANY** Experienced OTR Drivers and Teams. Consistent Miles, Excellent Health Benefits, 6 mo. OTR experience & current CDL. 888-463-3962. www.USATruck.jobs eoe m/f/h/v. (Cal-SCAN)

**Company Drivers (Solos & Hazmat Teams) \* GREAT PAY \* GREAT MILES \* CDL-A Required.** We also have dedicated & regional positions available. Call 866-789-8947. Swift. (Cal-SCAN)

**DRIVERS - ACT NOW!** Top 5% Pay, 32-38 cpm. Excellent Benefits. Need CDL - A & 3 mos recent OTR. 877-258-8782. www.meltontruck.com (Cal-SCAN)

**Help Wanted - Medical**

**Geriatric Home Care Specialists** is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

**Help Wanted - Sales**

**Would you like to be Mentored by a Millionaire?** Proven System, Perfect timing. 24 Hr Recorded Message. CALL NOW!!! 888-279-7875 (MPG)

**House Painting**

**PAINTING,** sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

**Household Help**

**House Cleaning** Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (MPG)

**DeAna's HOUSEKEEPING** Immaculate, Fast, Honest, Dependable. I care about what I do. Call me, 916-549-4915 (MPG)

**QUALITY WINDOW CLEANING** PLEASE CALL MARK AT 612-8949. (MPG)

**Homesitters on Wheels.** Office needs two RVers with RV's for Petsitting 916-483-5146 (MPG)

**Landscaping**

**Lawn and Garden Service** Bi-weekly or monthly Call for FREE estimates 965-8224 (MPG)

**Lawnmower Service** Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG)

**Tall Weed Cutting** Low Rates 916 524-7477 (MPG)

**Full Yard Maintenance, one time clean-ups & tree trimming.** See our website: www.terrabellagarden.com or c/o Randy for info at 454-3430 or 802-9897. (MPG)

**Lawn Service** - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

**Lawn Service**

**American Lawn Service** Weekly Service \$15/week. Quote for one time service. 487-7905 (MPGM)

**Legal Services**

**Need an Attorney?** Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or ericamitchell@prepaidlegal.com (MPG)

**BANKRUPTCY LAWYERS:** Credit Card Debt, Foreclosure, Repo, Wipe Out Bills, Free Consultation 971-8880 (MPG)

**Miscellaneous**

**Richmond's Hunting Club** Come hunt with us - 20K acres. Doves, Quails, Pheasants, Ducks and Geese. For information: Dennis Sanders 530-913-5817 or Les Edwards 530-458-3814 (MPG)

**TUPPERWARE** Please call for a Free Catalog. Chris Krmar 916-483-1671 (MPG)

**Miscellaneous Items For Sale**

**Electric Wheelchair Jazzy/1121** Brand new batteries - custom footguards - cane holder - basket - metallic blue. New \$5,700 - Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (MPG)

**Kawai upright piano and bench,** used, excellent condition, oak finish. \$3000 Call: 916-988-2927 (MPG)

**Mount Vernon Single Cemetery** Lot Garden of Humility (front-east side of building) \$5,000.00 Contact: 1-405-728-0420 (MPG)

**Miscellaneous - Want to Buy**

**WANTED: OLD POSTCARDS** 483-0622 (MPG)

**Musical Instruments**

**Guitar, Acoustic** Unused with accessories. \$85 Cash. 362-7118 (MPG)

**OLDER WANTED** Looking for Guitar Guitars and Amps, Fender, Gibson, Martin, Fender, Marshall Amps. Will Pay up to \$2000.00 Cash!! (916) 966-1900 (MPG)

**Notary**

**Mobile Notary Services** Certified Loan Signer Paralegal Services Powers of Attorney, Wills Will Travel to Your Home or business 916-508-7080 (MPG)

**Notary Services** Hospital, Care Home or make arrangements. Call (916) 482-9388 for details. Ask for Debbie or leave message. (MPG)

**24/7 Notary Services** Anytime / Anyplace Call Dan @ 916-712-2661 (MPG)

**Painting**

**All Pro Painting** Res/Com. Quality work free est. sen disc lic 914715 Ph 607-0523 (MPG)

**Pets**

**Pet Sitting** Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG)

**Home Sitters on Wheels** office needs two RVers with RV's for pet sitting. Call 916-483-5146 for more information. (MPG)

**Annie's Pet Sitting Services** Licensed, insured and bonded. Vet. tech. exp. Ref. avail. 916.202.6952 (MPG)

**Piano Lessons**

**Piano Lessons** - All ages 1st lesson free. Rancho Cordova 916/858-1571 (MPG)

**Piano lessons for children and adults** by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

**Prayers & Novenas**

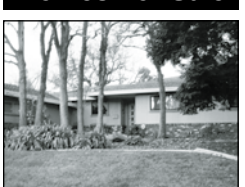
**THANKSGIVING NOVENA TO ST. JUDE** O Holy Saint Jude, apostle and martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg to whom God has given so great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. Saint Jude pray for us all who invoked your aid. Amen. Say three Our Fathers, three hail Marys and Glorias. Publication must be promised. This novena has never been known to fail. I have had my request granted and will fill to publish my thanksgiving. (MPG)

**Wanta go to heaven without dying?** Rent the exciting movie "Left Behind" Pray aloud, "Lord Jesus, forgive my sins, come into my heart!" He Loves You! (MPG)

**Real Estate Auctions**

**AUCTION-SPECTACULAR** 106 acre PROPERTY near Paso Robles with highway frontage, nice home, irrigation, well and more! Visit www.AuctionCA.com Call Elite Auctions (661) 325-6500. Auction June 5th @ 12 noon. (Cal-SCAN)

**Real Estate Homes For Sale**



**Quiet & Established Neighborhood!** Original Model home w/ only 1 owner, be the 2nd owner! Home is 3 bd, 2 ba w/ formal living/dining room, den, & inside laundry! Front & back landscaped....\$274,500 Agent: Fred Eichenhofer 530.878.6100 DRE# 00920443 Sierra Pacific Real Estate. (MPG)

**Carmichael New Listing** 1700



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

Be sure to mark your calendar for the FREE "Ladies' Night Out" on May 7th -- it's always a popular night!

**LADIES' NIGHT OUT!**

Friday, May 7, 5:00 - 7:00 p.m. • Complimentary

Calling all ladies -- Arden Hills Resort Club & Spa is hosting a special "Ladies' Night Out" complete with free gifts, complimentary spa and salon mini-treatments, tasty appetizers, an informal open house and an opportunity to meet the on-site experts who can answer your questions about achieving healthy

skin, hair and a more rejuvenated you! Don't miss this exciting opportunity to connect with other women interested in beauty and wellness. Plus, New York Times best selling author Brenda Novak will be on-site for a special book signing opportunity!

**"MACROBIOTICS" WELLNESS CLASS**

Saturday, May 8, 11:00 a.m. • \$20.00

Never heard of a macrobiotics diet before? It's time to learn more about the low-fat, high fiber approach designed for optimal health and longevity through nutrition. With a focus on the importance of beans "the musical fruit," don't miss a special "Macro-

biotics" class at Arden Hills Resort Club & Spa. You'll learn how a simple diet rich in whole grains, legumes, seeds, nuts, vegetables and soy products might be the right approach to improve your diet and overall well being for a longer, more healthful life.

**"FOREVER FIT" WELLNESS CLASS**

Monday, May 19, 11:30 a.m. • \$20.00

Sometimes starting a new fitness program can be intimidating. Not anymore! As part of a special wellness class at Arden Hills Resort Club & Spa led by Fitness Director Adam Attia, you'll learn

the simple "Do's and Don'ts of Fitness" plus have the opportunity to ask questions of a tried-and-true expert. Many of the tips may surprise you and will certainly get you motivated for action.

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



**ARDEN HILLS  
RESORT CLUB & SPA**  
A WELLNESS RESORT

May 22, 2010

**California State Youth Pageant**

**11 Categories: Baby Darling to Mrs./Ms. Northern California Rep.**  
Scholarships: \$1000.00 - Miss \* \$500.00 - Teen

Tickets at the door: Seniors and children 12 & under can bring at least 5 cans of food or school supplies in lieu of a ticket to pageant.

All contestants receive free training in ramp walking, public speaking, skin and hair care.

We will be collecting the food and school supplies for needy families in our area.

For more information or to become a pageant sponsor contact Pageant Director, Mary Purvis at 721-3824



**CHAUTAUQUA PLAYHOUSE**

to open *Charley's Aunt* on May 7



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

*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!*

The production is directed by Diane Bartlett and features Jeff Thomas, Marc Berman, Nicholas Palleschi, and many other popular Sacramento actors. Set design is by Rodger Hoopman with costumes by Eileen Beaver.

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**

A Non-Profit Organization

**Quilt Boutique**

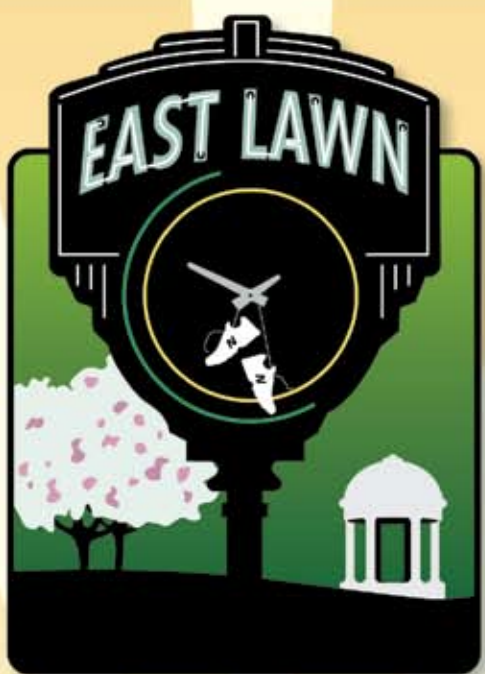
Over 50 exquisitely quilted items plus a beautiful doll collection and more.

Quilts donated by award-winning quilter, Billie Perry.

Saturday, May 15 • 10:30am - 2:30pm

Fair Oaks Presbyterian Church • 11427 Fair Oaks Blvd (next to F.O. Park)

Join us for the 3rd Annual



**Alzheimer's Aid Society  
Memorial 5k Run/Walk**

City of Sacramento 5k Championship

Saturday July 24, 2010

Start and finish lines at the historic East Lawn Memorial Park



Benefiting the Alzheimer's Aid Society of Northern California

For registration or more info: [www.memory5k.org](http://www.memory5k.org)

**Discovery Museum Science and Space Center  
May 2010 Weekend Activities**

3615 Auburn Blvd., Sacramento, CA 95821

916-808-3942 [www.thediscovery.org](http://www.thediscovery.org) [events@thediscovery.org](mailto:events@thediscovery.org)

**Event name:** Space Days  
**Date:** May 1-2, 2010  
**Time:** 12:30pm to 4:00pm  
**Cost:** \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under)  
**Ages appropriate for:** 4-12 years old

**Description:** Celebrate National Space Day. Build and launch age-appropriate rockets, learn about NASA space missions and explore our place in space. There are activities for all kids 4-12. Please bring your own empty 2-L soda bottle.

**Event name:** Sensational State Symbols  
**Date:** May 8-9, 2010  
**Time:** 12:30pm to 4:00pm  
**Cost:** \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under)  
**Ages appropriate for:** 4-12 years old

**Description:** Do something different for Mother's Day and visit the Discovery Museum Science & Space Center. Bring a camera to capture fun pictures of the entire family exploring our Gee Whiz Geology exhibit. Rocks, crystals, fossils and dinosaurs abound! Make sure to learn about some of California's amazing state symbols featured in the exhibit. Kids craft a Mother's Day card with the state flower on it. To top it off, bring a picnic lunch and enjoy our 14 acres outdoors

**Event name:** May Family Fest  
**Date:** May 15, 2010  
**Time:** 11:00am to 3:00pm  
**Cost:** \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under)  
**Ages appropriate for:** 4-12 years old

**Description:** Have hours of fun today at the Discovery Museum Science & Space Center. With your admission, participate in: animal presentations, planetarium shows (ages 4 and older), craft activities, community group tables and the Gee Whiz Geology exhibit. The museum's acreage is scattered with different activity tables for your family to investigate. Touch a giant hissing cockroach, discover dinos, view the "stars" indoor and so much more. This event is for one day only and we hope to see you there!

**Event name:** Dino-Volcano Mobile  
**Date:** May 16, 2010  
**Time:** 12:30pm to 4:00pm  
**Cost:** \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under)  
**Ages appropriate for:** 4-12 years old

**Description:** Combine all that you learn in the Gee Whiz Geology exhibit in a fun take home craft. Each visitor ages 12 and under may assemble a Dino-Volcano mobile with pre-cut shapes. It makes a great souvenir for a day of exploring rocks, fossils, crystals and dinosaurs in the exhibit. Bring a camera to catch all the memorable moments

**Event name:** Dino Dioramas  
**Date:** May 22-23, 2010  
**Time:** 12:30pm to 4:00pm  
**Cost:** \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under)  
**Ages appropriate for:** 4-12 years old

**Description:** Feeling crafty? Join the Discovery Museum Science & Space Center for a day of dinosaur diorama design. Each child 12 and under has a diorama to decorate and take home as a souvenir. View the Gee Whiz Geology exhibit to get ideas for your project. Remember, your admission also includes an animal presentation at noon or 2:00pm, and a planetarium show at 1:00pm or 3:00pm (for ages 4 and above only).

**Event name:** Terrifying Tyrannosaurs  
**Date:** May 29-30, 2010  
**Time:** 12:30pm to 4:00pm  
**Cost:** \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under)  
**Ages appropriate for:** 4-12 years old

**Description:** There is a T-rex on the loose at the Discovery Museum Science & Space Center! Explore the museum's grounds to find giant dinosaur footprints and learn about the prehistoric dinosaur. Visit Gee Whiz Geology, with rock, fossil and dinosaur exhibits. Enjoy family fun time in the classroom by completing three paper T-rex crafts.



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**Have YOU Taken Your Tour?**

*Come see what a water efficient landscape garden is all about. Take your self-guided tour at the Antelope Garden.*



**2010 Schedule**  
**March 1 to October 30**  
 Monday - Friday and Second Saturday of each month  
 9:00 am to 3:00 pm

**FREE Admission!**  
**7800 Antelope North Road, Antelope**

## SACRAMENTO FINE ARTS CENTER BENEFITING THE EFFIE YEAW NATURE CENTER



*"Painting Where the Wild Things Are"*, an open juried art show at the Sacramento Fine Arts Center benefiting the Effie Yeaw Nature Center. This art show is a preview of the Gala and Art Auction to be held at the Effie Yeaw Nature Parkway and the wild things that live there. Juror is Gregory Kondos. There will be a 2nd Saturday Reception on May 8, 2010, 5:30-8:30pm. This art show is a preview of the Gala and Art Auction to be held at the Effie Yeaw Nature on May 15, 2010. Tickets 916-489-4918.

*Contributing to the cultural life of the Sacramento community*

**eat well • play outdoors • have fun**



sponsored by KAISER PERMANENTE **thrive**

**Sunday • May 23 • 8:30am**  
**Hagan Park • Rancho Cordova**

- Kids, Teens, Adults and Beginners Welcome
- 5k and 2k (1.24 Mile) Run/Walks and ½ Mile Big Kids' Boogie
- Shorter Kids' Runs: Pre-School Prance, Toddler Trot & Diaper Dash
- Kaiser Permanente's Kids' Obstacle Course
- Cool Course Through Soil Born Farms' American River Ranch

register early at **WWW.VEGGIECHASE.COM**



*"Negro Bar", a watercolor submission by Ken Potter.*

**Sacramento Fine Arts Center is located at**  
**5330 - B Gibbons Drive, Carmichael, CA 95608.**  
**Phone: 916-971-3713 Website: www.sacfinearts.org**  
**Hours: 11 am-7 pm Tuesday, 11 am-3 pm Wednesday through Saturday.**  
**Show Chair: David Peterson, 916-717-5951**

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

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



## *the Chateau* at Carmichael Park

7125 Fair Oaks Blvd, Carmichael

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

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

Call Suzanne at (916) 481-7105!

**Be our guest for a FREE trial!**

**LIMIT ONE COUPON PER FAMILY**

*the Chateau*  
 at Carmichael Park  
 Lic. #347001523  
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 Offer valid through June 30, 2010

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





# Spend more time Shopping.

Spring into Christopher & Banks, Victoria's Secret, Express and now, Sephora inside JCPenney.

*Yes! I want to win a \$500 Sunrise Mall gift card.*



6196 Sunrise Mall  
Citrus Heights, CA 95610



## \$500 Shopping Spree!

Fill out this form, return it to Sunrise Mall Customer Service by May 31 and you are entered to win a \$500 Sunrise Mall shopping spree!

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Limit one entry for shopping spree per customer. Odds of winning shopping spree dependent on number of entries submitted. Shopping spree drawing the week of June 14. Mailed entries will not be accepted.

[www.sunrisemallonline.com](http://www.sunrisemallonline.com)

*Spend less time getting there.*