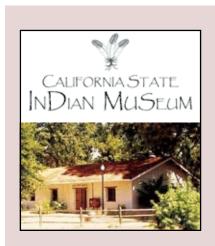
Carmichael Times



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Volume 30 Issue 15

Serving Carmichael and Sacramento County since 1981

April 14, 2010

Taxed Enough Already! Local Student Receives State Honor



Mark Meckler of the Tea Party Patriots plans to rally thousands at the California State Capitol on April 15th.

Tea Party Patriots are planning the largest West Coast Tax Day Rally in Sacramento on April 15th. thousands who plan to attend the event at the California State capitol.

On April 15th, 2009 the local group hosted one of the largest Tax Day parties in the entire United States. This year they hope to be the largest in our nation.

Friends of the Patriots who will be speaking at this year's rally include radio hosts Armstrong

Meckler, Co-Founder of the National Tea Party movement will be the primary speaker, along with "Reclaiming America Capitol many others who believe that the Capitol" is the rally cry of American People and those living in the State of California suffer under an already oppressive tax burden.

> There will be a "Candidate's Alley" where the general public can meet and speak with many political candidates from across the State. The "Alley" will be on the North steps of the capitol.

> Entertainers performing and supporting the event include

Sacramento - The Sacramento and Getty and Eric Hogue. Mark Jeremy Hoop, singer and songwriter of "Ring the Bell", from the Tea Party movie. Also planned to perform is YouTube favorite Boo Reed, who will sing "Keep the Change."

> The main rally starts at noon and ends approximately at 4:00 pm. If you can't make the event in person you can follow it online through a live feed at www.sacteaparty.com.

Come out and support your fellow Republican, Democrat, Independent and other citizens in letting your government know you have been taxed enough already.

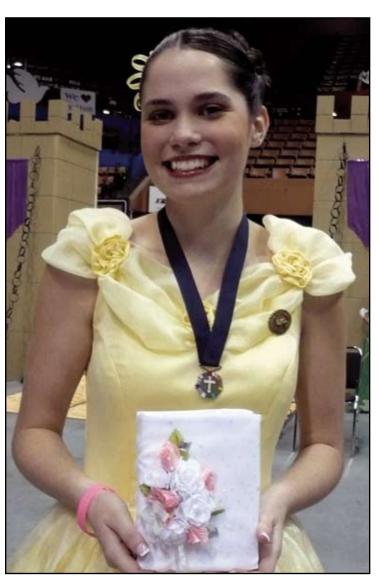
Carmichael - Carolyn Sweeney of Carmichael received a Grand Office appointment at the annual Grand Assembly session of the International Order of the Rainbow for Girls held March 27th-30th in Fresno.

Carolyn was appointed to the office of Grand Faith. She has been a member of Natoma Assembly Rainbow Girls in Folsom since 2003 and has held numerous offices including Worthy Advisor for four terms. She was a Pot of Gold Editor, Rainbow's official state publication and is also a recipient of the Grand Cross of Color service award, the highest honor given.

Carolyn is especially proud to have been appointed as Grand Faith as this office is a personal favorite which requires excellent ritual work and poise. Carolyn's family values, along with the Rainbow Girls organization teaches girls to exemplify their life knowledge of Faith, Hope and Charity and put these teachings into practice into their daily lives and in their communities.

Carolyn is the daughter of Jim and Laurie Anne Miner. She has two sisters, Peachie, 15 years and giving, community service, and Margaret, 10 years old. Carolyn, a 2009 Mira Loma High School graduate achieved the International Baccalaureate certificate. She is currently attending American River College in Sacramento studying psychology. She is an employee of Emigh Ace Hardware in Sacramento.

The International Order of the Rainbow for Girls makes a difference in our communities through charitable



Carolyn Sweeney of Natoma Assembly Rainbow Girls

volunteerism. At Grand Assembly this year, it was announced that the girls raised and donated over \$70,000 towards the state's service project, Bay Area Crisis Nursery in Concord, a non-profit program that provides free support and assistance to children with families going through crisis. In the past ten years, Rainbow Girls in California have donated over \$1,000,000 to state charity projects.

Rainbow gets girls ready for life! It is a non-profit, characterbuilding, service organization for girls between the ages 11-20. Girls gain self-confidence, self-respect and leadership skills while practicing reverence, patriotism, charity and service. For more information about Rainbow Girls contact Grand Deputy Cherri Whiteley at (530)344-0265 or visit their websites; www. caiorg.org or www.gorainbow.org.

"Tax Freedom Day" Arrives in California on April 14th

Residents of Golden State Celebrate LaterThan National Average

Sacramento - Tax Freedom Day - the date on which Americans will have worked long enough to have earned enough money to pay this year's tax obligations at the federal, state and local levels – falls on Wednesday, April 14th, 2010 for residents of California. That's 104 days into 2010. The date for all Americans was Friday, April 9th, the 99th day of the year.

This year's national Tax Freedom Day is one day later than in 2009, but more than two weeks earlier than in 2007. The shift toward a lower tax burden since 2007 has been driven by three factors: (1) The recession reduced tax collections even faster than it has reduced income; (2) President Obama and the Congress have enacted

large but temporary income tax cuts for 2009 and 2010, just as President Bush did in 2008; and (3) Two significant taxes were repealed for 2010 as part of previous legislation, the estate tax and the so-called PEP and Pease provisions of the income tax.

Despite all these tax reductions, Americans will pay more taxes in 2010 than they will spend on food, clothing and shelter combined.

In the study, Tax Foundation Special Report No. 177, "America Celebrates Tax Freedom Day," Tax Foundation Staff Economist Kail Padgitt, Ph.D., traces the course of America's tax burden since 1900, examines the composition of today's tax burden by type of tax and finally, calculates a Tax Freedom Day for each state.

How Tax Freedom Day Is Calculated

Tax Freedom Day answers the basic question, "What price is the nation paying for government?" An official government figure for total tax collections is divided by the nation's total income. The answer this year is that taxes will amount to 26.89 percent of our income, and the stretch of 99 days from January 1 to April 9 is 26.89 percent of the year. Income and tax data are then parsed out to the states, yielding 50 state-specific Tax Freedom Days.

For more information, go to http://www.taxfoundation.org/ taxfreedomday.

The Tax Foundation is a nonpartisan, nonprofit organization that has monitored fiscal policy at the federal, state and local levels since 1937.

Celebrating Arbor Day



The Carmichael Geranium Society celebrated Arbor Day early by planting a large Burr Oak (Quercus macrocarpa) in Patriots Park on Saturday April 3rd. The Park District and the neighborhood volunteer group worked at the Park to ready it for Spring. Community spirit is alive and well in Carmichael!

Carmichael Times Page 2 **April 14, 2010**

Five High School Teachers to be Honored with the Crystal Apple Award

By Robin Kraus

Citrus Heights - The7th Annual Crystal Apple Award ceremony will take place on Wednesday, April 28, 2010. Five teachers from five local high schools will be given a "Teacher of the Year" award as selected by their students. This annual event is called the Crystal Apple Award and is given by students that attend local high schools. The schools include Bella Vista and Del Campo in Carmichael, Mesa Verde and New San Juan in Citrus Heights, and Casa Roble in Orangevale. These same

students also attend religion classes weekdays before school which are provided by the Carmichael and Citrus Heights Stakes of The Church of Jesus Christ of Latter-day Saints.

This year's winning teachers are Joseph Bonanno, Biology and Physiology at Bella Vista, Jay Lottes, APU.S. History and Mock Trial Coach at Del Campo, Kate Matheny, History teacher from New San Juan, Daniel Barber, Geometry teacher from Mesa Verde, and Augustine Rene Sanchez, English teacher from Casa Roble. Members of the community are

invited to attend the awards program held at the LDS Church at 7009 Van Maren Lane, Citrus Heights, starting with a dessert reception at 6:30 p.m. A brief program featuring many of the high school youth in song and dance will precede the presentation of a Crystal Apple to the winning teachers by students from each high school. Teachers appreciate this award, as they are chosen by their students. The principals and school board members have attended in the past and have been proud of what the teachers have done to receive this award.

Kaiser Permanente Nurse Honored with National Award for Volunteerism in Sacramento Region



Delilah Peppers, RN, has helped tens of thousands access

health-care through her community service efforts

Sacramento Region - An oncology nurse from Kaiser Permanente Sacramento Medical Center is the winner of a prestigious national award for community service that honors her for helping under-served populations gain access to health care.

Delilah Peppers, RN, is one of nine individuals within Kaiser Permanente across the nation to be awarded the 2009 David Lawrence Community Service Award for their

volunteer efforts outside of work.

"Delilah is committed to helping the under-insured, non-insured, and low-income people in our community," said Mary Faupel, a Kaiser Permanente registered nurse in Sacramento who nominated Peppers. "For as long as I have known Delilah, she's been a ready participant in community health fairs sponsored by any number of local organizations." president of

Sacramento Chapter of the Black Nurses Association, has raised \$5,000 a year for tuition assistance deserving African-American individuals who seek to pursue a nursing education. She has implemented the "Healthy Heart" project that serves underprivileged women at the Wellspring Women's Center in Oak Park.

Each year, for more than 15 years, Peppers has provided and supervised the health screenings of nearly 7,000 people. "Volunteering has always been important to me; it was the way I was raised," said Peppers, who works in the radiation oncology infusion clinic during the week and provides free services such as bloodpressure screenings on the weekends.

Peppers works closely with the American Heart/Stroke Association and volunteers her time helping to educate the public on the prevention and management of cardiovascular disease. She attends multiple health fairs each month to distribute health material and provide blood pressure screening because it's an indicator of heart disease, stroke prevention and management of sickle cell disease.

The award comes with a \$10,000 check directed to non-profit organizations. Peppers has decided to give half to the Sacramento Black Nurses Association's Heart Healthy Program, and half to the St. Ignatius of Loyola Parish for its feed the hungry project. The award is named in honor of David Lawrence, MD, former CEO of Kaiser Permanente and lifelong advocate of improving health.

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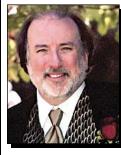
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Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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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

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.

a no-host buffet menu.

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.



2 Sacramento

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Works by: Palestrina, Monteverdi, Schutz, Croce,

CONCERT TWO

Carmichael Times Page 3 **April 14, 2010**

Kiwanis Feed Hungry "Egg Hunters"



At the Carmichael Community Easter Egg Hunt local Carmichael Kiwanis members cooked up a storm at the pancake breakfast. Members pictured here are Terry Schmidt, Sandy Kozlen, Mohendar Chima, Mike Koerner, Clyde Whitaker, Donna Miller, General Davie, Virginia Snow, Chris Christiansen, Lois Starkey, Chris Meyer, Merete Bryant, Ron Greenwood, and Deanna Terry. Breakfast was once again served to a full house of hungry egg hunters at the annual event. Photo by Paul Scholl.

Jensen Gardens Dedicates Path to Light



Please touch the flowers. Society for the Blind representative Regina Brink (center) gets a feel for fragrant herbs and blooms in part of a new "Nature path for the Blind" in Carmichael's Jensen Botanical Gardens. Built through the work of volunteers and community fundraising, a raised flower bed features plants that give textural and scent experience to the sightless. The Daughters of the American Revolution organization were major sponsors. From left, their members were Dorla Kemper, Beverly Moncreiff, Beverly Hall, Jacqueline Coffroth, Virginia De Gregory and Dallas Love. Photo & text by Susan Maxwell Skinner.

Carmichael RECREATION AND

Community Rummage Sale

La Sierra Community Center Skate Park, 5325 Engle Rd, Carmichael

Saturday, April 17, 2010,

8 am - Noon

FREE for shoppers of all ages

La Sierra Skate Park is hosting its first every Community Rummage Sale. If you have household items, toys, clothes, furniture and more that you would like to donate, please drop them off after April 1 during the skate park's operating hours: 3:30 – 8 pm Monday

Carmichael Recreation and Park District is announcing the following events:



through Friday, and Noon to 6 pm on weekends. Then join us for some great bargain hunting on Saturday April 17. All proceeds benefit the La Sierra Skate Park. Please call 483-7826 for more information.

Canine Craze Dog Show **Location:** Carmichael Park

Vets Hall Lawn 5750 Grant Avenue Saturday, May 1 10am-1pm

A dog show for everyone and every dog! Categories include Biggest and Smallest, Best Singer, Longest Ears, Best Dressed and more! If you would like to be a vendor the fee is \$15. Don't forget to stay after the event for the FREE hot dog BBQ! Sponsored by CRPD and A Mind of Their Own Dog Training.



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Carmichael, CA 95608

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Fair Oaks, CA 95628 In Safeway shopping center 916-844-1025

1850 Douglas Blvd. Roseville, CA 916-797-2031



Dr Bob Graykowski



At any given time, 15 percent of adults have low-back pain (LBP). To make matters worse: Many simultaneously from chronic widespread pain. Research shows that developing strong core muscles reduces LBP - but that's not all. Core strengthening makes all physical activity easier, perfects posture, improves athletic ability and slashes the risk of spinal injuries. We teach our patients that with sound core stability, the muscles in the pelvis, lower back, hips and abdomen work in harmony.

Core vs. Abs

Aren't core and abdominal same thing? the Not exactly. Core muscles encompass both abdominal and back muscles. Abdominal exercises isolate and strengthen individual muscle groups. On the other hand, core muscle exercises work both the abs and the lower back. By working them together, they learn to function better and more efficiently. and the resulting ill health.

Lessen Low-Back Pain

In desperation, many LBP sufferers turn to nonsteroidal antiinflammatory drugs (NSAIDs) or other medications, which are

Core Strength, Posture and Back Pain

loaded with side effects. These drugs only mask the pain and fail to solve the underlying problem. LBP sufferers often have weak core muscle strength, along with a condition called vertebral subluxation, where spinal bones (vertebrae) are slightly misaligned or movement in the spine is restricted. These two conditions often go hand in hand, each one further exacerbating the other.

Strength Stability

Weak core muscles may also reduce stability increasing the risk of falls. For seniors, a simple fall can lead to broken bones, loss of independence – and even death. If your ability to balance is not quite ballerina-esque, put core-strengthening exercises at the top of your to-do list.

Take a Load Off

It's obvious that a toned core improves athletic performance, strength and endurance. Did you know that having strong abdominals and low-back muscles also takes pressure off the spine? During physical activity, intervertebral discs (cushioning pads between the vertebrae) endure compressive forces, which can produce fluid loss. The loss decreases disc height, spinal length and overall stature, which is linked to spine and nerve pressure producing LBP. Research shows that core exercises remove spinal stress even more that resting. Abdominal exercises may be introduced between sets or resistance training.

Perfect Posture

How does your posture stack up? Try this posture test: Stand with the back of your head and shoulders touching a wall and your heels six inches from the baseboard. Now try to stick your hand between your lower back and the wall, and then between your neck and the wall. Ideally, you should have only an inch or two at the low back and at the neck with your head and buttocks in contact with the wall at the same time.

For most people, perfect posture is a challenge. The good news is that core strengthening have a dramatic influence on postural health

Sit Better

On average, most people sit anywhere from eight to 10 hours per day, often the majority of their waking hours. Sitting may be great for working, but it's destructive for LBP - especially if our posture slumps. While sitting hunched, the low back flattens as the pelvis rotates backwards. Disc pressure and spinal load both increase. Sitting slumped for long periods will aggravate chronic LBP. However, a strong core vastly improves seated posture.

Core Strength Stacks Up

Our office is committed to helping you achieve optimal health through preventative care. Why wait for pain and illness before taking action? Let us coach you toward optimal wellness right now. Strong core strength is just one way to improve current well-being and prevent future illness. Call our office to ask us about our in office ergonomic exercise programs that can jumpstart you or your business on the road to topnotch strength!

Creating a healthy community Dr Bob Gravkowski

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April 20th

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First Yellow Geranium 2010

CARMICHAEL GERANIUM SOCIETY ANNOUNCES A BRAND NEW GERANIUM.

The very first yellow Geranium, appropriately named 'First Yellow' was hybridized in Germany in 2009. A very limited number of these marvelous plants will be available at the Society's Show and Plant Sale, limited to one plant per family.

Also available will be the return of 'Lady Carmichael' Geraniums, now in one quart size pots. This and much more as the largest Geranium Club in the world prepares for it's annual Show and Plant Sale scheduled to open Saturday, May 1st from 10 a.m. until 4 p.m. at the Carmichael park Community Clubhouse. 5750 Grant Ave.



This year's Plant Sale is the largest ever with over 2000 geraniums of all types. Serious Collectors are urged to come early.

Carmichael Times CALL 773-1111 TO SUBSCRIBE

Huber Appointed to Little Hoover Oversight Commission

Sacramento - Assemblymember Alyson Huber has been appointed to the Little Hoover Commission, the independent and bipartisan oversight commission charged making recommendations to the governor and Legislature on ways to make state programs more efficient and effective.

"Iamhonored to serve as a member of the Little Hoover Commission," Assemblymember Alyson Huber. "The Commission plays an integral oversight role in our government and I have looked to the findings of the Commission many times in making



Assemblymember Alyson Huber

the argument for reforming the way the state does business. I look forward to contributing to the Commission's important work."

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The Commission is a balanced bipartisan board composed of five citizen members appointed by the Governor, four citizen members appointed by the Legislature, two Senators and two Assembly members.

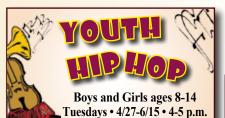
For more information, please visit asm.ca.gov/huber or call (916) 319-2010.



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- 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

BALLROOM DANCE TO LIVE BANDS

Tuesdays & Fridays • 1:15 - 3:45 pm • \$5/person Wednesday Night • 7 - 10 pm • \$7/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

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APRIL 24, 2010 Getting to Know Your Immigrant Ancestors: Key Federal Records Featuring John Philip Colletta, O

Ph.D. Learn about passenger arrival records, breaking through brick walls, naturalization records, and lesser-used Federal records from this nationally known, knowledgeable, and entertaining speaker. Time: 8:30 am to 4:00 pm.

Registration opens at 7:30 am

http://www.sacgergensoc.org P. O. Box 660061 Sacramento, CA 95866-0061

> Place: Sacramento Turn Verein, 3349 J Street, Sacramento

You may order lunch (\$7) or bring your

Pre/Registration fee (by April 11th): SGGS members \$40 each or \$50 per couple/ \$55 at the door.Pre Registration fee for non-members: \$50 each/ \$60 per couple, \$55 per person at the door. For information contact Milt Kelley at mekelly4143@comcastnet.

Sheriff Candidate Forum Hosted by Carmichael Chamber

Carmichael - The Carmichael Chamber is hosting a FREE Candidate Forum featur-ing the candidates for Sacramento County Sheriff. All the candidates have been invited to participate in the

forum at La Sierra Community Center on Wednesday, May 12 from 7:00 - 9:00 p.m. The program will be conducted and moderated by the League of Women Voters of Sacramento County. The audience

will have an opportunity to submit questions for the candidates. Join your neighbors for this opportunity to learn where the candidates stand on issues so you can make an informed decision in the June election.

Calling All Artists...

State Indian Museum Presents A Special "Plein Air Day" on Saturday, May 15. Artists & Visitors Alike Can Enjoy Free Open Air Painting In Historic Park-Like Setting

Sacramento - Hobby artists and painters from near and far are invited to attend a free "Plein Air Day" on Saturday, May 15, presented by the State Indian Museum and California State Parks. The first event of its kind to take place on the grounds of Sutter's Fort State Historic Park (where the State Indian Museum is located), the special day is designed to allow interested participants an opportunity to join other artists in a hands-on community event that embraces nature and celebrates the beauty of the landscape, historic structures and park-like setting.

While there is no cost to participate in "Plein Air Day," interested artists are encouraged to register early. Participating artists are encouraged to bring and use whatever painting or sketching materials they choose -- easels, sketch pads, oil paints, watercolors, charcoal, etc. -- to best capture the imagery. To register, interested artists are encouraged to call 916-324-0971 on or before May 7. The first 25 artists to register will receive a special gift courtesy of the State Indian Museum.

In addition, the community at large is invited to stroll through the outdoor grounds to watch and appreciate the experience as talented artists create their individual works of art amid the historic setting. In addition, the State Indian Museum will be open during "Plein Air Day" in case visitors are also interested in exploring what the historic site has to offer. Cost for entrance to the Museum is \$3 for adults (18 &

older), \$2 for youths (ages 6 to 17) and free to children five and under.

About the State Indian Museum

The State Indian Museum is operated by California State Parks and supported by the California Indian Heritage Foundation. Open Tuesday - Sunday from 10:00 a.m. to 5:00 p.m. for self-guided tours and school group visits, the museum is located in midtown Sacramento at 2618 K Street on the grounds of Sutter's Fort State. Current exhibits include traditional basketry, beadwork, ceremonial regalia and hunting & fishing items associated with many of the tribes of California, as well as contemporary artwork. For more details please call (916) 324-0971 or visit www. parks.ca.gov/indianmuseum.

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We can't move forward until everyone is counted and it's sent back.

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Benefit Concert for Haiti

Trubaek (Camille Getz, viola, Nicole Hwang, second violin, Rachel Baek, cello, and Ray Anthony Trujillo, first violin) will perform at a concert to benefit Haitian earthquake

Quartet relief effort. The concert, hosted by Camille Getz and Nicole Hwang, will be held at the Northminster Presbyterian Church, 3235 Pope Avenue, at 7:00 PM on April 17 with guest appearance

by award-winning young musician Eunghee Cho.

Tickets are \$20, Students \$10, limited seating. For tickets, call *(916) 487-5192.*

Thompson Seeks 5th District Seat

My name is Donald Thompson. It is my intention to run for the fifth district assembly seat of the State of California on the Republican ticket in 2010. I was a candidate for this office in 2008 but lost to a strong incumbent, Roger Niello.

I am seeking this position because I have a deep concern for the fifth district and the State of California.

As I look around me I have witnessed scores of individuals who have lost their jobs, their homes, their businesses, and even their vehicles because of the awful economy. As a result many

have lost their self-worth and their motivation to go on. This should not be happening in the greatest State in our nation, California, which by far out numbers the population of the other 49 States.

Some drastic changes need to be made in our system because it is severely broken and needs to be fixed quickly so that people can once again experience prosperity and feel good about themselves and their government.

I want to help bring about these necessary changes in our State. If donaldthompsonforassembly.

org/ or you may reach me at (916) 284-7309. I would greatly appreciate it if you could make a donation to my campaign as I wish to conduct a major advertising blitz. Your donation cannot exceed \$3,900.00. If you write a check it should be made out to Donald Thompson for Assembly, and it should be mailed to the above address. You may also make a donation through my website as there is a link for this

Thank you so much for your

dthompst@comcast.net

The Sacramento State Aquatic Center is Preparing for Regatta Month

Rowing Events in Lake Natoma

West Coast Conference Rowing Championships April 30, 2010 Collegiate rowing regatta.

Racing from 10am-1pm Preferred parking is \$10.00, overflow parking is \$5.00.

Western Intercollegiate Rowing Association Championships May 1

Gonzaga, Cal Berkeley, UC Irvine, Humboldt State, St. Mary's, Long Beach, San Diego State, Chapman and many other universities will be

Racing from 8am-6pm Saturday and 8am-1pm Sunday

Admission is \$5.00 to event, Preferred parking is \$10.00, overflow parking is \$5.00.

Southwest Junior Rowing Championships May 8 & 9, 2010

Features top junior crews including

Capital Crew, Berkeley, and

Racing from 8am-6pm Admission is \$5.00 to event. Preferred parking is \$10.00, overflow parking is \$5.00.

Pacific Coast Rowing Championships May 15, 2010

Featuring collegiate, open and master's crews. Racing from 8am-4pm Preferred parking is \$10.00, overflow parking is \$5.00.

PAC-10 Rowing Championships May 16, 2010

Sac State, Stanford, University of Washington, University of Oregon, Cal Berkeley, UCLA, USC, Humboldt State, LMU, and many other universities will be racing in this event.

Racing From 8am-1pm

Preferred parking is \$10.00,

overflow parking is \$5.00. **NCAA Women's National Rowing** Championships May 28, 29, 30,

A woman's national rowing championships featuring the best women's collegiate crews in the

Racing from 8am-3pm on Friday, 8am-11am Saturday, 9:45am-12pm

Admission \$15.00 day, preferred parking is \$10.00, overflow parking

Spectators will be able to watch the final 300 meters of each race along the beach at Nimbus Flat State Park

For more information contact the Aquatic Center at 916.278.2842, aquaticcenter@csus.edu, or www. sacstateaquaticcenter.com. We look forward to seeing you there!

Carmichael Recreation and Park District is Seeking you wish to get better acquainted Nominations for Patriots Park Wall of Honor 2010! **Donald Thompson** withme you may contact me at my website: http://www. Email -Carmichael - In 2008, the Carmichael The District is seeking nominations convicted of a felony. Candidates for nomination must

Recreation and Park District opened its newest park....Patriots Park at 6827 Palm Avenue off Dewey Drive. Patriots Park offers the latest in park design features. Included in the park is a "Wall of Honor" to provide a lasting monument to residents of the District who gave their life while serving their country or community.

for Patriots Park Wall of Honor. Candidates must meet the following criteria:

- · The individual gave their life for their Country or Community.
- · The individual was a resident of the CRPD or the town of Carmichael or worked or served the community of Carmichael
- The individual must not have been

be submitted by July 31, 2010 Go to www.carmichaelpark.com and click on the navigation bar "Wall of Honor" for an application and the list of our current heroes. Call (916) 485-5322 x23 for more information.

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Website: http://donaldthompsonforassembly.org/ Email: dthompst@comcast.net

Effie Yeaw Nature Center April 2010 Events

Interactive Exhibit: Bountiful Harvest - An Exploration of Maidu Indian Culture Park entrance fee: \$5.00 per car or FREE to ARNHA members Open 9:00 a.m. - 5:00 p.m. Wednesday through Sunday, 9:00 a.m. - 1:00 p.m. Monday & Tuesday

Habitat Improvement

Our Nature Area needs some special care. Join Jack in making improvements that will benefit our riparian woodland. Call Jack at 967-0777.

Sunday the 18th at 8:00 AM

Wildflower Walk

Join Natural Resource Specialist Mary Maret for a special guided walk to see Nature's spring floral display in the Nature Preserve. Saturday the 24th at 10:30 AM

Fly by Butterfly

What is a Pipevine Swallowtail? Find out as you explore the life cycle of the butterfly and create your own coffee filter butterfly. Then take a walk throughout the Nature Area and investigate the Pipevine Swallowtail's world.

Sunday the 25th at 10:30 AM



Help support Nature Center programs by joining the American River Natural History Association (ARNHA)

ARNHA, a nonprofit organization since 1981, supports educational and interpretive activities in the American River Parkway in cooperation with the Effie Yeaw Nature Center. It provides critical fundraising, volunteer and advisory support for the Nature Center's mission

to introduce thousands of school children each year to the beauty and diversity of the Parkway. Here visitors of all ages learn the importance of conserving and protecting our most precious natural resource. Due to County budget cuts, the Nature Center needs your help more than ever. Join ARNHA at the Nature Center or at www.arnha.org. Check out the member benefits!

Support Sacramento County Parks by purchasing a Parks Pass at the Nature Center or visit www.sacparks.net

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

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FICTITIOUS BUSINESS NAME STATEMENT #1002092. Marie Zvolanek and Jason Zvolnek. both of 6715 Thunderhead Circle. Orangevale, CA 95662 are doing Fictitious business under Business Name "Wind-n-Willow 4099 Bridge Apothecary" at St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 3. 2010. Publish: March 24, 31, April 7, 14, WINDNW 00303 4-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1002005. Linda M Akers 7796 Glenn Ave. Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "The Feathered Nest-Gallery of Antiques & Art" at 10207 Fair Oaks Blvd., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento on March 2, 2010. Publish: March 24, 31, April 7, 14, **THEFEA** 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2010-00072368 WHEREAS, Catherine Anne Spillers has filed a petition with this court for a decree changing name of Catherine Anne Spillers to Catherine Anne Schroeder, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 19, 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: March 8, 2010. Loren E. McMaster

Judge of the Superior Court Publish: March 24, 31, April 7, 14, **SCHROE** 00303 4-14-10

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00073136

WHEREAS, Alicia Monique Mays has filed a petition with this court for a decree changing name of Alicia Monique Mays, aka Alycia Monique Trahan-Mays, aka Alicia Monique Carpenter to Alycia Monique Trahan-Mays Carpenter. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 27, 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: March 16, 2010. Loren F McMaster

Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010 TRAHAN 00303 4-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1002490. Ismael Partida and Maria Alvarez, both of 883 Portside Court, Roseville, CA 95678 are doing business under the Fictitious Business Name "Cocoloco Mexican Restaurant" at 8215 Auburn

Filed with the Clerk of Sacramento County on March 15, 2010. Publish: March 31, April 7, 14, 21, 2010. 00305 COCOLO 4-21-10

Blvd., Citrus Heights, CA 95610.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00073935

WHEREAS. Jarred Michael Harris has filed a petition with this court for a decree changing name of Jarred Michael Harris to Jarred David De La Rosa, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 7, 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: March 26, 2010. Loren E. McMaster Judge of the Superior Court

Publish: March 31, April 7, 14, 21, **DELARO** 00305 4-21-10

FICTITIOUS BUSINESS NAME STATEMENT #1001719. Alisa Donna Wallor, 911 Apero Place, El Dorado Hills, CA 95762 and Ralph Ransel, 8358 Red Fox Way, Elk Grove, CA 95758 are doing business under the Fictitious Business Names "Wedding-Day-Flowers.com; Wedding-Day-Flowers" at 8358 Red Fox Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento on Feb. 2010. Publish: April 7, 14, 21, 28, 2010.

00401

WEDDIN

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS **BUSINESS NAME**

The following person(s) has/have withdrawn as a general partner(s) from the partnership operating the FICTITIOUS BUSINESS NAME of Skytrade USA located at 13711 Cheroke Galt CA 95632 Om Parkash Kapoor, 8775 Springhills Way, Orangevale, CA 95662

The Fictitious Business Name Statement for the partnership was filed on Oct. 20, 2009 in the County of Sacramento

Filed with the Clerk of Sacramento County on March 26, 2010. Publish: April 7, 14, 21, 28, 2010. SKYTRA 00401 4-28-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00074313

WHEREAS, Bich Tram Thi Do has filed a petition with this court for a decree changing name of Rich Tram Thi Do to Kalleena Tram Do. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 13, 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 1, 2010. Loren E. McMaster Judge of the Superior Court

> SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00073677

Publish: April 7, 14, 21, 28, 2010.

00401

WHEREAS. Stuart James Fellbaum has filed a petition with this court for a decree changing name of Stuart James Fellbaum to Mark James Wolf, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 5, 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: March 24, 2010. Loren E. McMaster Judge of the Superior Court Publish: April 7, 14, 21, 28, 2010.

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00074254

WHEREAS, Cynthia Ann Bast has filed a petition with this court for a decree changing name of Cynthia Ann Bast to Cynthia Ann Fleming. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on May 13, 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 1, 2010. Shelleyanne W.L. Chang Judge of the Superior Court

Publish: April 7, 14, 21, 28, 2010. FLEMIN 00401 4-28-10

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, LIFEBE 00402 5-5-10

FICTITIOUS BUSINESS NAME Inc., 1700 Alma Dr. #350, Plano, TX 75075 is doing business under the Fictitious Business Names "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,

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 Emmenuel 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. 00402 5-5-10

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Brahms Celebration Thrills Mondavi Audience



Maya Lahyani, Stephen Janzen and Jessica Siena greet concert attendees after their performance at Mondavi Center

Special to the American River Messenger and Carmichael Times By Jeff Hudson

Sacramento - It's not just "The Sacramento Choral Society" -- the proper title of the organization is "The Sacramento Choral Society and Orchestra." And the significance of the full name was underlined at the group's well-attended March 28 performance of an all-Brahms program at the Mondavi Center on the UC Davis campus.

Naturally, choral works dominated the program -- specifically, two pieces completed by Brahms in the late 1860s, and complimentary in character. But the orchestra's solo outing was also a solid and valuable contribution to the concert.

"Ein Deutsches Requiem" ("A German Requiem") anchored the program -- coming last, featuring the full chorus. And the chorus itself was the star. Rather like a script in which a playwright gives most of the best lines to one memorable, pivotal character, Brahms designated the "big moments" in this majestic sevenmovement work for the massed voices.

This is not to diminish the contributions of the two soloists -- they acquitted themselves well. Jessica Siena, a rising soprano, and Stephen Janzen, a veteran baritone who has

appeared with this group many times (and came up through the San Francisco Opera's Merola program in the late 1960s) presented an attractive contrast of youth and experience in a piece that takes a 1-o-n-g view of life in this world and the hereafter.

But it's the big choir that does the heavy lifting in the Brahms Requiem -- from the grand, tolling statements in the second movement ("All flesh is grass") to the gentler consolation of the concluding movement ("Blessed are the dead . . . they may rest from their labors"). The Brahms Requiem is a keystone in the large-scale, late 19th Century/early 20th Century music that represents the core repertoire for this kind of regionally-based community choral group. It's the sort of music that you'd expect them to sing well -- and they did. Conductor Donald Kendrick asked for -- and got -- both powerful crescendos and moments of delicate expression from the big group, with the singers also performing smoothly while deployed by section in the fourth movement's fugue. (And of course these distinctions are more easily appreciated at the Mondavi Center, where the natural acoustic favors human voices to a much higher degree than the Sacramento

Center Community Opening the program was the Rhapsody (more commonly dubbed the Alto Rhapsody in English) -- a moody piece not often tapped as a curtain raiser, but nonetheless emotionally and musically appropriate as a set-up for the larger Requiem -- and entirely beautiful on its own merits. Israeli mezzo Maya Lahyani, who will make her debut with the San Francisco Opera next season, was luminous in this 13-minute gem, accompanied by the orchestra and a guest chorus of men drawn from Sacramento State University and Schola Cantorum of Sacramento.

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The orchestra alone carried the Academic Festival Overture--asecular piece recalling youthful enthusiasm, a good deal less cosmic than the rest of the program. The emotive, even nostalgic performance that Kendrick got from his instrumentalists was the program's unexpected bonus. While staffed by professional musicians from the region, this orchestra's rehearsal time is decidedly finite, and in this overture they sounded polished and assured, even though they'd surely had only a few sessions to prepare.

The program ended with an impromptu return to the opening movement of the Brahms Requiem, which had been momentarily disrupted the first time through by a loud feedback squawk (prompting gasps from the audience). The concert was being recorded, and the "retake" should clear the way for the audio engineers to provide a "clean" rendering of the performance.

Jeff Hudson is a regular contributor of arts coverage at Capital Public Radio, and also writes about the arts for the Sacramento News and Review and the Davis Enterprise. A resident of Davis, he is a "frequent flyer" at Mondavi Center performances.

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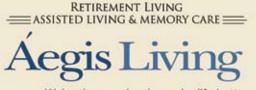
Brown is a 2008 graduate of Del Campo High School, Fair Oaks, Calif.



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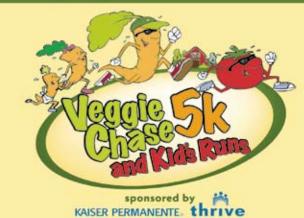


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