

Carmichael Times



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Serving Carmichael and Sacramento County since 1981

April 14, 2010

Taxed Enough Already!

Local Student Receives State Honor



Photo by Amanda Morello

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

Sacramento - The Sacramento Tea Party Patriots are planning the largest West Coast Tax Day Rally in Sacramento on April 15th. "Reclaiming America Capitol to Capitol" is the rally cry of 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

and Getty and Eric Hogue. Mark Meckler, Co-Founder of the National Tea Party movement will be the primary speaker, along with many others who believe that the 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

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.sacteparty.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 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

giving, community service, and 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, character-building, 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 Cheri 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 Later Than 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 has 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 Padgett, 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!

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

By Robin Kraus

Citrus Heights - The 7th 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, A.P.U.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." Peppers, president of the

Sacramento Chapter of the Black Nurses Association, has raised \$5,000 a year for tuition assistance for deserving African-American individuals who seek to pursue a nursing education. She has also implemented the "Healthy Heart" project that serves under-privileged 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 blood-pressure 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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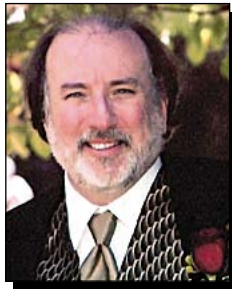
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Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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Widowed Persons Association of California, Inc.

Office Hours
10:00 am - 3:00 pm

Monday through Friday
916-972-9722

Newcomer's Buffet & Social

Any and all widows or widowers may attend

Third Monday evening at 5:30 pm

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

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

Sunday Support

Any and all widows or widowers are invited

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

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

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

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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.



Dr Bob Graykowski



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.

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 can 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 Graykowski

At any given time, 15 percent of adults have low-back pain (LBP). To make matters worse: Many simultaneously suffer 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 muscles the same thing? 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 anti-inflammatory drugs (NSAIDs) or other medications, which are

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

Carmichael Recreation and Park District is announcing the following events:

Community Rummage Sale
Location:
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 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.

'Touch of Health' Weekly Vitality Workshop

Classes begin at 6:00 pm Tuesdays
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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 with making recommendations to the governor and Legislature on ways to make state programs more efficient and effective.

"I am honored to serve as a member of the Little Hoover Commission," said Assemblymember Alyson Huber. "The Commission plays an integral oversight role in our state 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."

The Little Hoover Commission was created in 1962. The Commission's mission is to investigate state government operations and - through reports, recommendations and legislative proposals - promote efficiency, economy and improved service.

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 Assemblymembers.

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

Free Health Faire
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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

YOUTH HIP HOP
Boys and Girls ages 8-14
Tuesdays • 4/27-6/15 • 4-5 p.m.
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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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Sacramento German Genealogy Society

Regular meetings are held at 1 pm in St. Mark's Methodist Church Fellowship Hall at Lusk Dr. & St. Marks Way. St Mark's is located east of Country Club Plaza near Watt and El Camino Avenues. Individual help with your German genealogy questions at 9:30 am the same day as the meeting, upstairs in the classroom wing, east end.

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 own.
 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@comcast.net.

Sheriff Candidate Forum Hosted by Carmichael Chamber

Carmichael - The Carmichael Chamber is hosting a FREE Candidate Forum featuring 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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United States
Census 2010

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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

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

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

Dear Friend:
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 you wish to get better acquainted with me you may contact me at my website: <http://www.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 purpose.
Thank you so much for your support.
Donald Thompson
Email - 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.

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

Preferred parking is \$10.00, overflow parking is \$5.00.

NCAA Women's National Rowing Championships May 28, 29, 30, 2010

A woman's national rowing championships featuring the best women's collegiate crews in the nation.
Racing from 8am-3pm on Friday, 8am-11am Saturday, 9:45am-12pm Sunday
Admission \$15.00 day, preferred parking is \$10.00, overflow parking is \$5.00.

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!

Western Intercollegiate Rowing Association Championships May 1 & 2, 2010
Gonzaga, Cal Berkeley, UC Irvine, Humboldt State, St. Mary's, Long Beach, San Diego State, Chapman and many other universities will be racing.
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.

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

Southwest Junior Rowing Championships May 8 & 9, 2010
Features top junior crews including

Carmichael Recreation and Park District is Seeking Nominations for Patriots Park Wall of Honor 2010!

Carmichael - In 2008, the Carmichael 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.

The District is seeking nominations 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

convicted of a felony.
Candidates for nomination must 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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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
www.effieyeaw.org TDD/TTV

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FICTITIOUS BUSINESS NAME STATEMENT #1002092. Sallie Marie Zvolnek and Jason Zvolnek, both of 6715 Thunderhead Circle, Orangevale, CA 95662 are doing business under the Fictitious Business Name "Wind-n-Willow Apothecary" at 4099 Bridge St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 3, 2010. Publish: March 24, 31, April 7, 14, 2010. 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 County on March 2, 2010. Publish: March 24, 31, April 7, 14, 2010. 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, 2010. SCHROE 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA 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 E. 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 Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 15, 2010. Publish: March 31, April 7, 14, 21, 2010. COCOLO 00305 4-21-10

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, 2010. DELARO 00305 4-21-10

FICTITIOUS BUSINESS NAME STATEMENT #1001719. Alisa Donna Wallor, 911 Aperto Place, El Dorado Hills, CA 95762 and Ralph Ransel, 8358 Red Fox Way, Elk Grove, CA 95758 are doing business under the Fictitious Business Name "Wedding-Day-Flowers.com; Wedding-Day-Flowers" at 8358 Red Fox Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on Feb. 23, 2010. Publish: April 7, 14, 21, 28, 2010. WEDDIN 00401 4-28-10

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE #0909533 The following person(s) has/have withdrawn as a general partner(s) from the partnership operating under the FICTITIOUS BUSINESS NAME of Skytrade USA, located at 13711 Cherokee, 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 Bich 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 Publish: April 7, 14, 21, 28, 2010. DO 00401 4-28-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00073677 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. WOLF 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, 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

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: March 24, 2010. Loren E. McMaster Judge of the Superior Court Publish: April 7, 14, 21, 28, 2010. WOLF 00401 4-28-10

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

NUTRITION SEMINAR ON DINING OUT WITH LISA TAYLOR
Monday, May 3, Noon • \$20.00

If you're trying to watch your waistline or eat more nutritiously in general, dining out can sometimes take a toll on your good intentions. During a special nutrition seminar on dining out presented by the on-site nutritionist at Arden Hills

Resort Club & Spa, you'll learn easy ways to make smart and nutritional choices when someone else is doing the cooking. Open to everyone, advance reservations are suggested as space is limited.

"LIVE WITH OBADIAH" COOKING CLASS
Wednesday, May 5, 6:00 p.m. • \$20.00

In an ongoing effort to eat seasonally, Executive Chef Obadiah Huetter is planning a special cooking class about creative ways to prepare healthy and nutritious meals using whole grains, rice varieties and dried fruits and berries during the next "Live With Obadiah" at Arden Hills Resort Club & Spa.

You'll learn about new cooking techniques and how to maximize the nutrients and flavor of regional cuisine using ingredients that may surprise you. You're invited to join this ongoing and popular adult cooking series. Space is limited so reserve yours today.

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.

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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 seven-movement 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 long 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

Community Center Theater.) 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.

The orchestra alone carried the Academic Festival Overture -- a secular 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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Air Force Airman Jeremy S Brown

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He is the son of Wendy Brown of Van Maren Lane, Citrus Heights, Calif.

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

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